EL GATO STRIKES AGAIN

EL GATO

Lyn M. Leseth #49

AT A PARK IN CAPO VALLEY...

RRRING

Lynn - I love your drawings! You're a great artist! Keep it up!

GA
IF
TA
PR
YE

Lynn
P.E. d
to bad

Lynn,
It's been nice having you as a friend. Here's a picture of Pooh Bear. You won't see him until next year when you come back to school with us.

Have a nice Summer.

Ivy

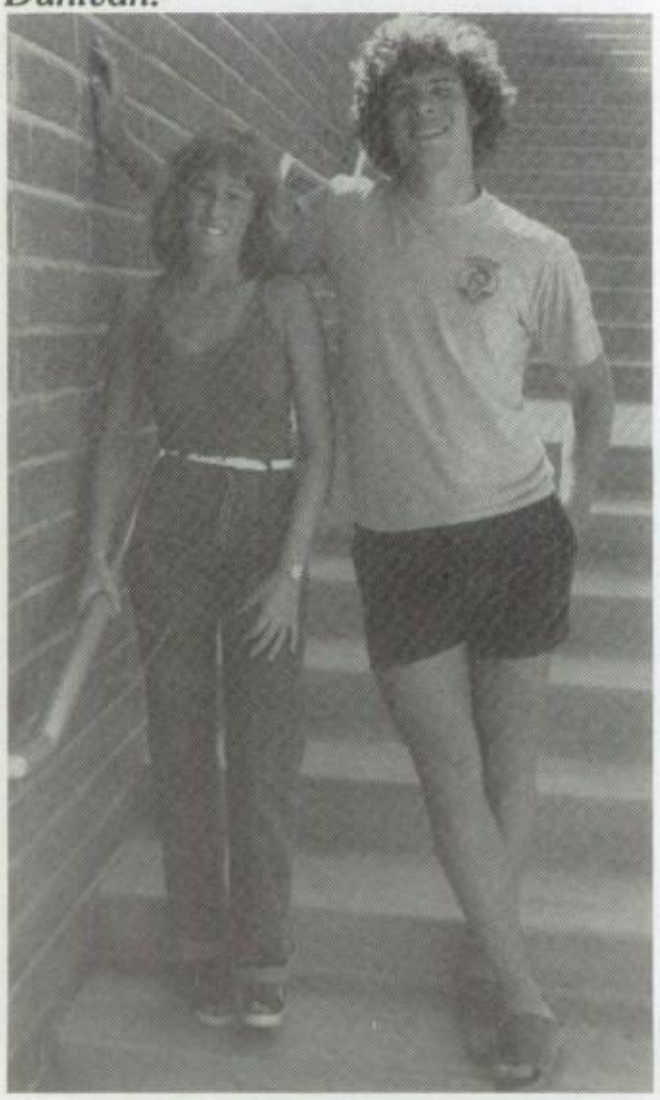
RATTLE!
RATTLE!

ED PAQUIN '79

SUPERLATIVE SENIORS

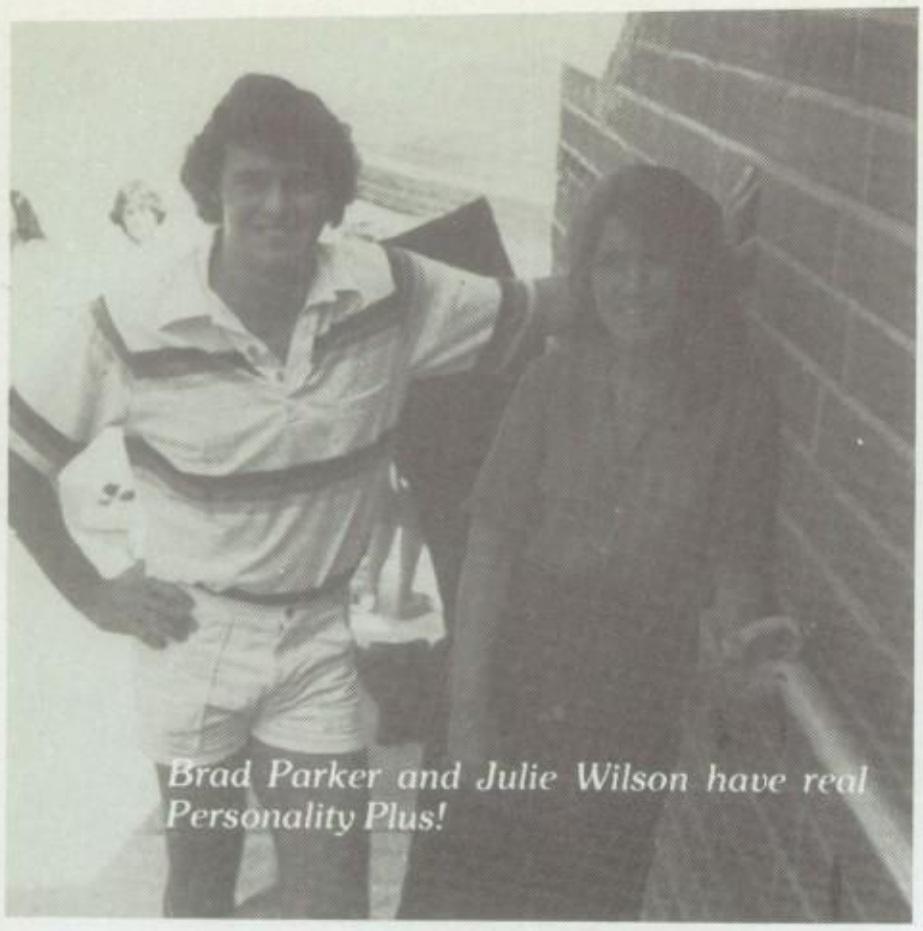
"We've got Legg's" says Terri Ferrara and Mike Maldondo

Look out "Wonder Women" & "The Incredible Hulk" here comes the Better Bods of Cheryl Leverich and Mike Dunivan.



Together Forever . . . Chuck O'Halloran and Kathy Barrett.

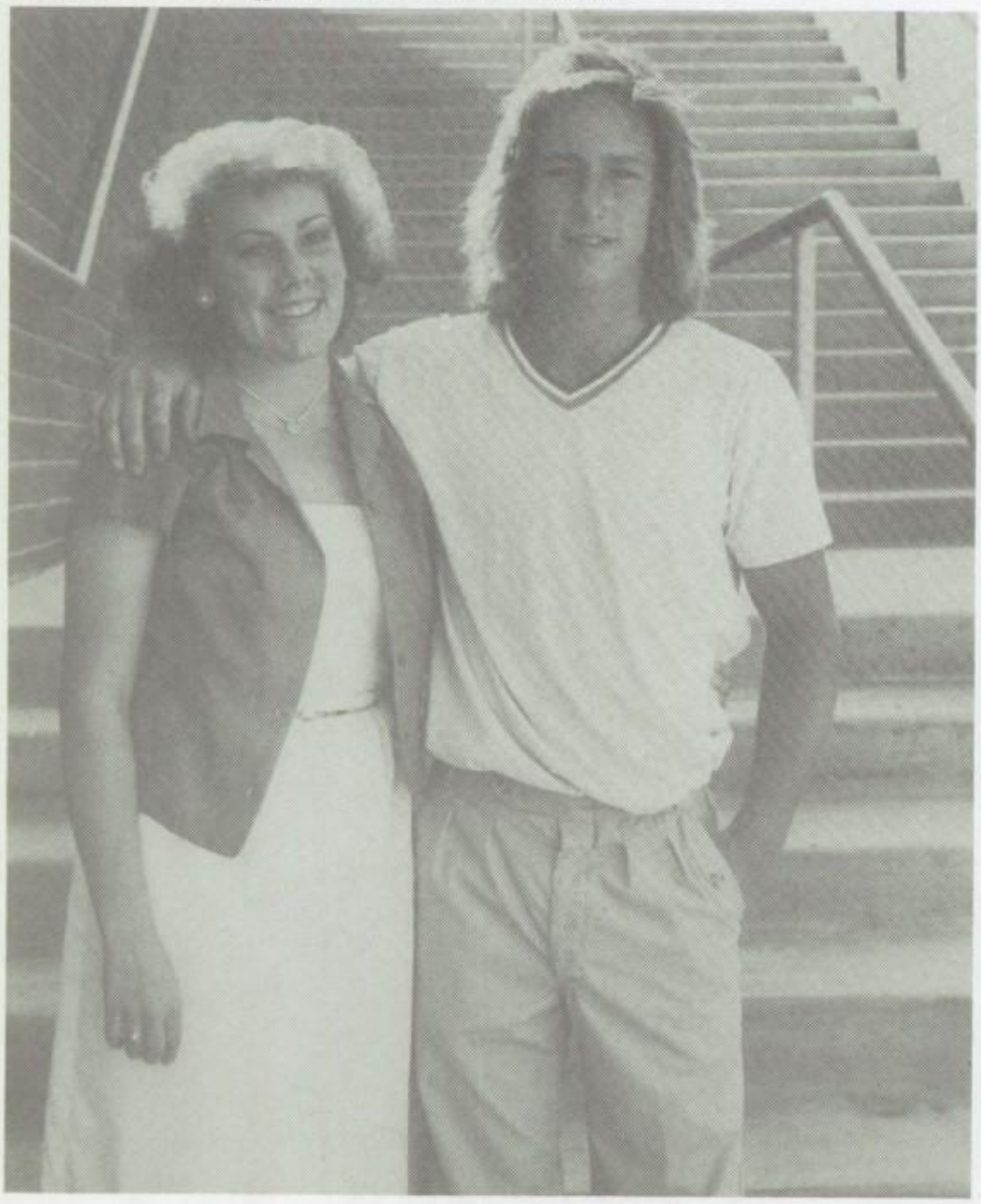
Mike Cook and Colleen Hubble give us a peek at their Pearly Whites.



Brad Parker and Julie Wilson have real Personality Plus!

Ahwooo . . . Sheri Montgomery & Dave Ferreri always get a double take for being Best Looking.

If you need a friend, Winter, Spring, Summer, or Fall. Just call Michelle Hoffart and Bob Friedman.



Carol Soria and Sean Jenkins even made Mr. Blackwells top 10 Best Dressed List.

Capo. Valley's own Class Clowns Rochelle Robinson & Steve Bell are always looking for a laugh, they can't even take a picture straight.

Tami Marchello & Ken Nagel would do anything, anytime & anywhere that just proves how Uninhibited they are.

Howard Sewell & Bonnie Sala will be the 2 out of our senior class to go the farthest, voted Most Likely to Succeed.

"No there really isn't a Santa Claus at the North Pole!" "Is there?" Our most Gullible Seniors Kathy Scaller & Dave McElroy would believe anything.

If you need lessons in flirting get in contact with Kim McKecney and Fred McConnell, they have the art of Flirting Mastered.

"Out Spirit is Sky High!" yells Lisa Marusich and Guy Johnson.

"Jeepers, Creepers where'd you get those Peepers! Jeepers, Creepers where'd you get those eyes!" Sue Sherry and Mark Mora.

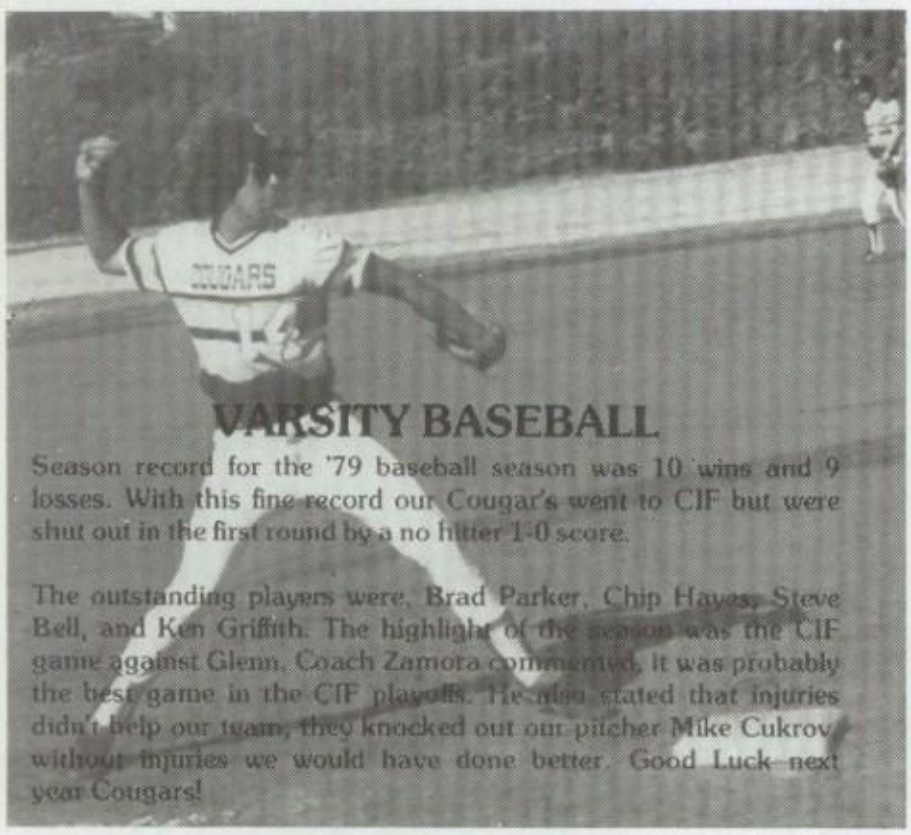
SPORTS UPDATE

TENNIS

Boys tennis ended the season with a 3-12 record overall and a 3-1 non-league record. The top singles players of the team were Roy Jenkins and Mark Lockeroff. Ted Romero and Jeff Mclean, Andy Hein and Larry Wilson were the top doubles players. Mr. Stringer, coach of the team this year said, "We had a young team this year. I'm counting on improving once we get our tennis courts."

SOFTBALL

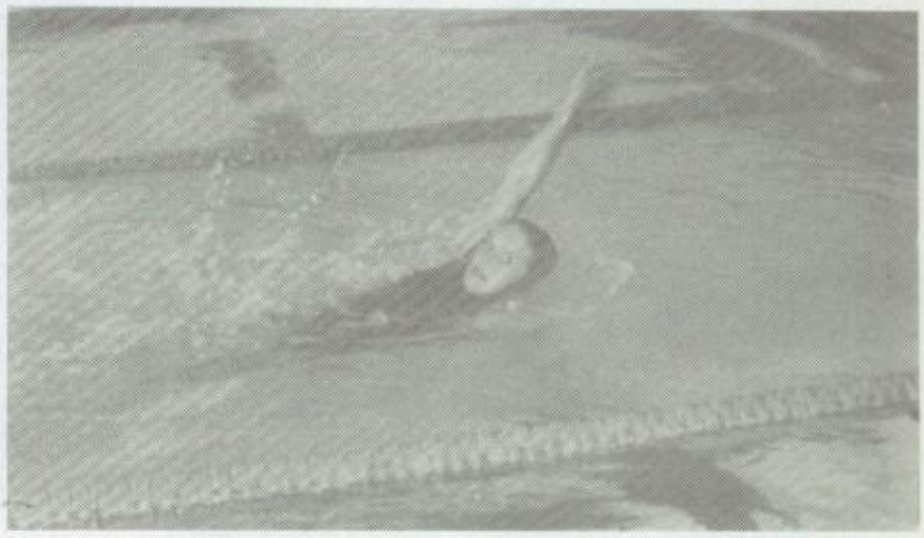
The girls Softball Team had an outstanding season under the direction of Coach Mike King. Their season record was 19-5, they were the first team in Capo. Valley's history to make it to CIF Finals, but at the time this was written the CIF Final game had not been played. We have much confidence in our girls and know they can do a great job. Congratulations girls for an excellent season!

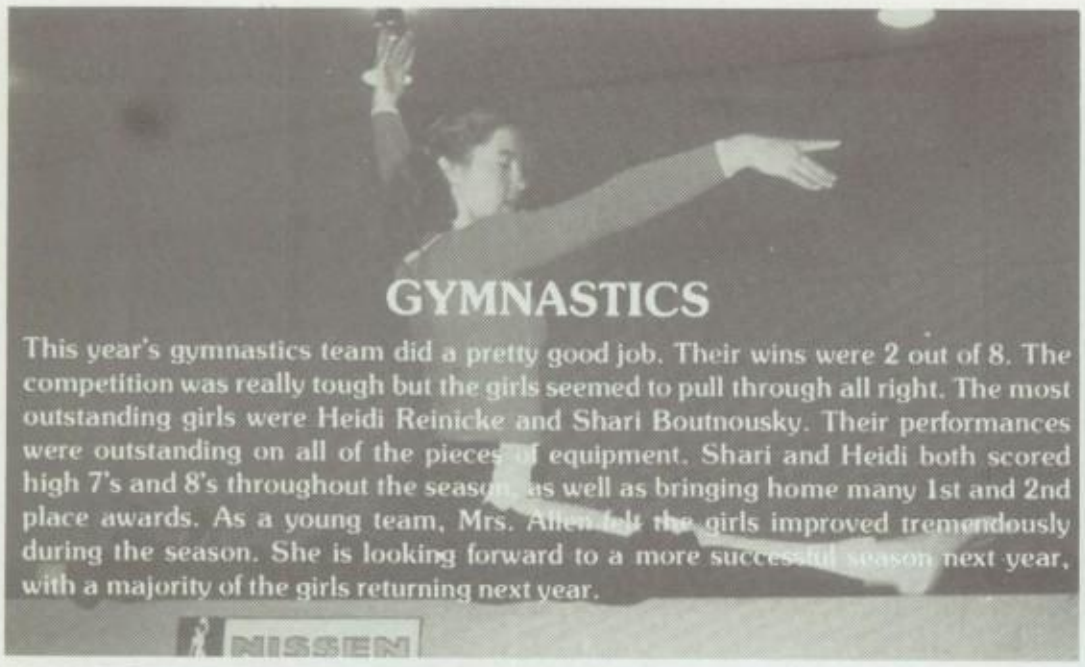


VARSITY BASEBALL

Season record for the '79 baseball season was 10 wins and 9 losses. With this fine record our Cougar's went to CIF but were shut out in the first round by a no hitter 1-0 score.

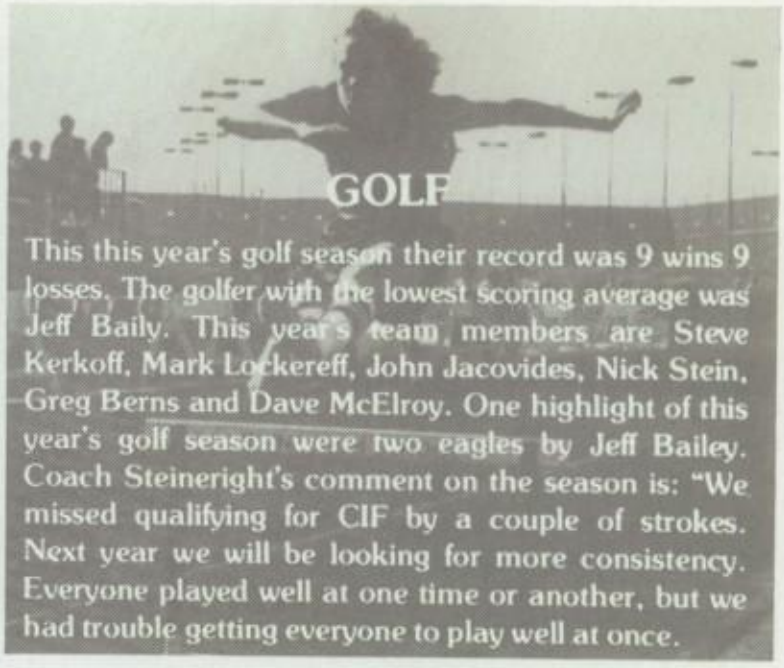
The outstanding players were, Brad Parker, Chip Hayes, Steve Bell, and Ken Griffith. The highlight of the season was the CIF game against Glenn. Coach Zamora commented, it was probably the best game in the CIF playoffs. He also stated that injuries didn't help our team, they knocked out our pitcher Mike Cukrov, without injuries we would have done better. Good Luck next year Cougars!





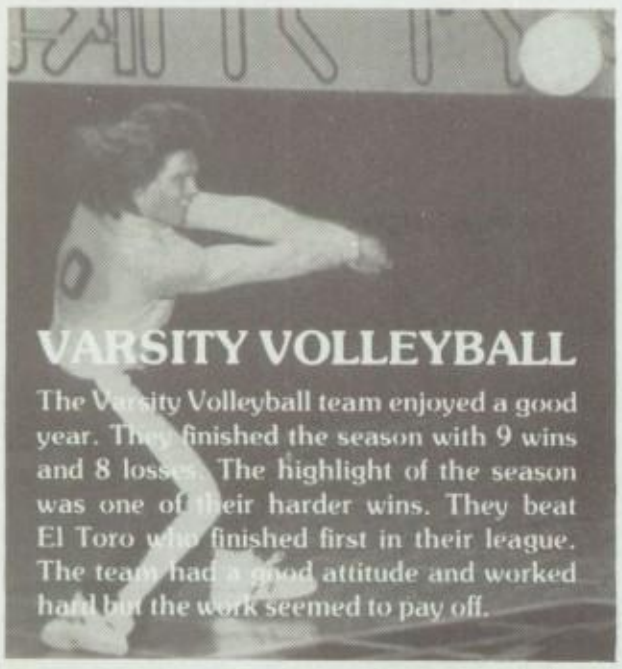
GYMNASTICS

This year's gymnastics team did a pretty good job. Their wins were 2 out of 8. The competition was really tough but the girls seemed to pull through all right. The most outstanding girls were Heidi Reinicke and Shari Boutnousky. Their performances were outstanding on all of the pieces of equipment. Shari and Heidi both scored high 7's and 8's throughout the season as well as bringing home many 1st and 2nd place awards. As a young team, Mrs. Allen felt the girls improved tremendously during the season. She is looking forward to a more successful season next year, with a majority of the girls returning next year.



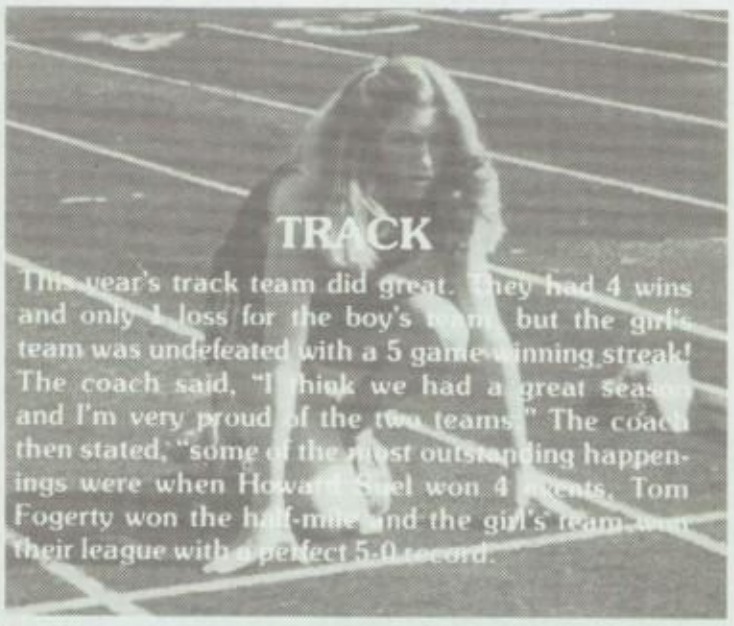
GOLF

This this year's golf season their record was 9 wins 9 losses. The golfer with the lowest scoring average was Jeff Baily. This year's team members are Steve Kerkoff, Mark Lockereff, John Jacovides, Nick Stein, Greg Berns and Dave McElroy. One highlight of this year's golf season were two eagles by Jeff Bailey. Coach Steineright's comment on the season is: "We missed qualifying for CIF by a couple of strokes. Next year we will be looking for more consistency. Everyone played well at one time or another, but we had trouble getting everyone to play well at once.



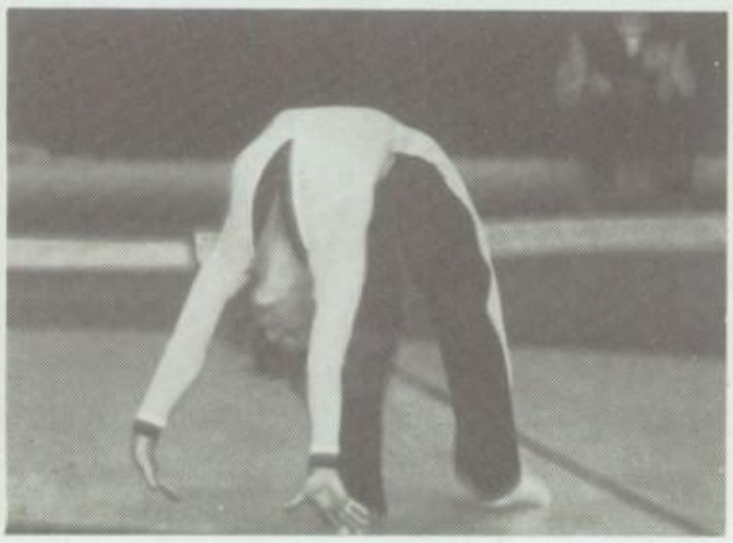
VARSITY VOLLEYBALL

The Varsity Volleyball team enjoyed a good year. They finished the season with 9 wins and 8 losses. The highlight of the season was one of their harder wins. They beat El Toro who finished first in their league. The team had a good attitude and worked hard but the work seemed to pay off.



TRACK

This year's track team did great. They had 4 wins and only 1 loss for the boy's team, but the girl's team was undefeated with a 5 game winning streak! The coach said, "I think we had a great season and I'm very proud of the two teams." The coach then stated, "some of the most outstanding happenings were when Howard Steel won 4 events, Tom Fogerty won the half-mile and the girl's team won their league with a perfect 5-0 record.



MELLISSA AGUIRRE — Remembers: San Clemente, Gem Club, Sking, Double RR, Wishes all the luck in the world to my good friends K.B., C.O'H., S.S., C.H., B.P., C.S., S.K., V.F., S.L., K.S., Love always to the T's, S's and Nand G.

CHERYL ARNESON — Remembers Camerata, Gong Show, Utah Tour, Carillo Gang, Yosemite, J.R. and C.G. Geuub. GLS&E. Plans on going to Fullerton. "Always love life like a child. Enjoy the complexity of simple things."

KATHERINE ELIZABETH BARRETT — Kathy — Homecoming Court, CSF, Honor Roll. All my love to Chucky. Good luck to Melissa, Bonnie & all my friends. I'll miss "y'all". Plans to attend UCSB.

DIANE LEE BATHGATE — Bubbles, Ozzie — 4 yrs. swimming, basketball, cross country, A.P. U.S. History, Levens, Dana Hills, B.I.R.D., S.P.C., Science Club, Yosemite Institute, Kiwanis Bowl, good friends, great times, Newspaper, plans to attend UCSB "Desiderata."

STEPHEN BELL — Tinker, Var. Baseball, Remembers getting small with friends. "Being a Senior is like being a buzzard swooping over a dead carcass on a lovely prarie."

TAMMY BICS — How ya doin' Mr. all around nice guy? From your favorite Honolulu Baby — Madrigals 2 yrs.-3 yr. graduate. "79" rules.

KATHI BOHLMANN (Katrina) — Remembers 1½ yrs. at M.V., Good times with T.V., K.M., C.B., won't forget S.R. or M.K. Will remember Lenny always and **forever**. Plans to go to Saddleback then UCI. To brother Don, Capas M.V.P. in "83".

JERI LYNN BURNETT — Remembers D.T. at Dana Hills, Songleading, Dance Prod. for 3 yrs., and all the concert fun with my buddy Michele. "Be not what others want of you, but travel down your own path."

MATTHEW CAMPBELL . . . Matthew J., A Cappella and Camerata Singers; J.V. Soccer at S.C.; remembers friends and good times; Camerata and Utah, Styx, Lady; Let It Be . . .

SANDRA CARUJO — Sandy C. — Pals Wjen-Caludia-Den-Son-Fran-Nevr frgt gd tms-My 79 Camaro-66 Crsn-Luv Disco-Smrfun-Dsnylan-SC & BCRDI, NTS-40 IM3 SCAMS- IL BT UCC-TF 1 day Suprmn STL my #1 DJ Jenluv stv- Thnx Mom & Dad- KP ME DANCIN!

CHARLIE CASSIDY — Likes big .....EYES!

ROBIN MICHAEL CHARLES — 3 yrs Var. Football & Basketball, 2 yrs. Baseball. Remembers as little as possible but will never forget: good times in S.J.C., Randy & Pat, Jan 28, and most of all "Sheri" K-41.

RENEE CLAUZEL — Remembers; Everything always happens for the best — Hello Saddleback — Good-bye Capo-Remembers the parties (sometimes) and the beach! (Forever a Sunbum)? I hope the world is ready for us Lisa!

NICK J. CONSTANTINO — Varsity Volleyball, Remembers fellow "Mall Molders" Attending UCI.

MIKE COOK — Remembers Senior year with Claire. Plans to move back to CA from Colo.

PATRICK MICHAEL DARGAN — (Stoner) Plans to make a lot of money, Marymount Palos Verdes School attending next year, Live Life to the Fullest and Enjoy it, Achieved my Goal of Graduating, If you've got it, Flaunt it!

TERI LYNN ELLIOTT (alias Chip) — Short flags, Tall flags, Marching Band, Symphonic Band. Remembers Football Games, good friends, Live, Love, Laugh.

CARRIE ERICKSON — Remembers my Junior year at Capo with **Spencer** and the Junior, Senior Prom "78".

LYNN FARNHAM . . . Plans to attend UCSD next year. "I'll just keep on rollin' along, with the grace of the Lord above."

DEANNA FAWCETT — Going to College at Saddleback, Play Softball, and study to be a Cosmetologist. I will remember you all until we meet again. Take Care.

DIANA FAWCETT — Going to college, study to be a Dental Assistant. "I will miss you all." "Good Luck Ray." I LUV FIDELLO.

TERRI LYNN FERRARA — "Ter Ter" Remembers: J.V. and Varsity years of Pep Squad, "Liver-Lover" S.C. bus rides, Boulder City, "Dreams" friends like Tina, and most of all — Mike Trumble! "Run Choey Run!"

TINA LOUISE FIANTACO . . . Mid year Grad. Remembers S.C. and it's boys, "Mother" Jane, Lisa and the "Cats Meow" And Thanx to all the people I've met who have helped me to grow in one way . . . or another.

CRAIG ROBERT FLEETWOOD — Plans on attending CSUF. It's not how you play the game, it's whether you win or lose.

THOM M. FOGERTY — 4 years Cross Country, 4 years Track. "My five years goes fast"

CARL FOX — We must remember that we are all on Spaceship Earth — and the nearest Gas Station is 93 million miles away.

LISA GAMBLE — Flag Capt. 77-78, 78-79, Band 4 years. Good luck R.B. and A.R. Will never forget C.C. Live life to it's fullest (but don't get caught.)

KELLY LYNN GARDELTO — Gardude — Remembers my best buds Lauren, Les, D.T. "78" Prom. All the fun in Rouse and Stamps classes. All the fun with Dave V., K.C. "It's better to love and lost then to never have loved at all."

CHRISTI GLASER — Remembers Guebe, Marky and Omar, Dancin', Madrigals and Mr. Perry, and the Gong Show. "Still Looking for a good fantasy!"

LAURIE J. GOSHE — Valedictorian, Dreams we will dream, The world we'll make fine, We're the Class of "79" "See you'll in 10 years at the reunion — 1989!" Saddleback/ Long Beach-Physical Therapy or Art.

KIM GREER — Remembers good times with friends, especially Chuck. Plans to go to Saddleback, then a University to major in Business Management. "Good-Bye"

THOMAS T. GRIMES — Tom — Having past through the portal of time known as "farce", one can now begin to learn more and achieve more. "Making music is the only life for me." Will always remember Joan — Amethyst is coming!

STEVEN RICHARD GROD — B.I.R.O., A.P. classes, C.S.F., conflicting auras and Basketball, U.C.S.D. Remember 1981, "Try and keep it friends because no one will get hurt and everything will turn out alright!"

LAUREN GROSLOUIS — Remembers all my buds, Gar-Dude, the 78 Prom, all the fun in Rouses and Stamps, won't forget Chuck D., Wonder Bod, Da Kind! Remembers the past and dreams for the futur . . .

ROSIE GUCK — Band student 7 years, Journalism 2 years. Remember the past but live in the present. Make your dreams come true in the future. CSULB for a BA in Journalism. Hope to write for the LA Times.

CRAIG HAMMOND — Cougar Fellowship — surfing. "So long" "God Bless" See ya later, alot later. "One way is the only way and the way is Jesus!"

MELANI HANSEN — "Remembers Lex, Radness, Cameron, Ray, Pat, Glo, Ingrid, Linda, the space, the weeni twins, Laureen and especially my babe — Grits, Loveya, Grits! SJCSL — Hey lets get senseless!

CHERYL D. HARTLINE — "Hotline," Remembers SCHS, Gem Club, Susan B., Baba wawa, Carlo, Narf, and all Tiki parties with best buds. Plans to attend SDSU and major in English. "Hawaii, here we come."

MICHELE DENISE HOFFART, 2 yrs. Varsity Song, The Prom with Tim, and buddies Mary Ann, Vanessa, Helen, and Jeri.

DEBBIE HOFFMAN — "Luck and love to all my buddies, — smile and everlasting smile for memories in a summers promise. Dreams to find "Jacob".

IRENE HOWARD — "BRAT" — "Be yourself."

COLLEEN HUBBLE — "Song ASB My Pals — Suzanne — Goobie Monkey Thanks and CV#1 Amy-MVPT Key Club Dinner and alot of fun. Gidget oh no not the . . . India, Pepsquad I leave you Erin, Panici I leave you Tom, Have fun!"

JANE ANN JAMISON . . . ASB yearbook . . . remembers SC, and beachin' it, Robert Plant, buckerooing with Lisa, playing mom, Coke, Tina and the "boys." Plans to search for cashmere . . . always love and whisky for my friends.

TERRY A. JOHNSON . . . key club, honor roll . . . remembers the good times at SC & CV, Mithc-bomb, football games, skiing and good friends, "time is precious so cherish each moment."

LARRY DEAN JONES . . . remembers volleyball and social gatherings afterwards, crossreads and Mammoth . . . If someone is too tired to give you a smile leave one of yours for nobody needs one more than there who gave none to give Later Days!!

SEAN PAUL JENKINS . . #21 the badest running back in the country. good by to those who knew me and for those who didn't too bad!

GUY JOHNSON . . . all CIF kicker . . . "life is like Laganas" flocci nocci niliphiliphication.

ROSE JOHNSON . . . ?party time?

KAREN KOHLMEIER . . . varsity gymnastics, diving. Gem Club, alright! . . . remembers the good ole days at SC, Julie, Sandy, and all my good friends. I'm as gree as a bird now, and a bird you cannot change . . .

JAQUELINE KING . . . jackie . . . remembers good times at SC, and CV, . . . Science classes, football games and ski trips.

ANNAJEAN . . . school was fun, but now its done, gone an I river deep, and mountain high . . . good-bye my friends . . . it's been nice! . . . MLUWFS.

JILL LENZ . . . remembers good times and the friends who made them happen. plans to attend San Diego State, . . . Live Lige long, live it full, and live it happy!

MICHAEL JOHN LAWRENCE . . . crip, gimp . . . pans to be a corporate president, cause I love power . . . "Illigitimus non Carborundum."

LAWRENCE DAVID LEEDOM . . . football . . . 9 cross country — 10 track — 9, 10, 11, la-z-boy-12, last words to school, good-bye San Clemente, Philosophy . . . you want to laugh, look in the mirror, Arizona automotive institute (drafting) plans to be an architect, Dreams, have them every night.

MARK LOCKAREFF . . . varsity tennis, golf, and cross-country; SCF, Eruditathon finalist 2 years, valedictorian, remembers steiny, stringer, R.J., and B.B. plans to attend M.I.T. and Harvard. "I will succeed."

LORI LOPEZ . . . "Loretta" . . . remembers all the goons from DH, and CV, and the football games and The big FOX T.R. plans to go to sakkelback than transfer to USCB and go into early child hook studies, "Reach for the highest, Strive for the best and let life do the rest."

FRANCINE LORETERO . . . Aloha Nui Loa Eli, sndy, bob, SC, Meha Bahi SD. trp, dnce. prd. CJ, capri II, prty nuts, Hawaii here we come, You can't change the past but you can ruin the present by worrying about the future.

CHRISTIME LUKAS . . . (alias charlie couger) . . . remembers junior uear on drill-team, plans to attend Cal. State Long Beach . . .

RODNEY CRAIG MACKIE . . . rod . . . was able to woek and go to school because of the work experience program. by By, Saddleback, I plan on going to school and finding a good job.

FRED M. McCONNELL; Football captain, MVP wrestling, past A.S.B. ath/comm. saddleback and planned to finish at U.S.C. Student of the month of Dec.

DAVID BRIAN McELROY . . . SC. frosh football, barsity Capo Valley Football, Gem Club, El Mar gang, I leave to capo balleu my smelly sock and my girl friend J.Z. Believe me if you haven't got it, you haven't asked for it!

KIM McKECHNIE . . . sr. treasurer, skiing (lizardl) CR, LV, slave day, Panici's repo, lectures, sadie hawkins, christmas formal magic sos with J.B. and D.H. the SDC, good luck with F.B. Scoot, I'll miss ya lots.

BRETT CHARLES McKENZIE . . . varsity basketball, I would like to leave all my astounding chasmatic characteristics to coach King, and the 79-80 varsity basketball team.

JEFFERY LEE McLEAN . . . "LIBBY" . . . varsity tennis, plans . . . go to Brook's and become pro. photographer, remembers, gumby, 17 Smitty, Wardo, blowing my frosh-soph yrs. LA, SC, CV. Take it easy, don't take any wooden nickels, "YEAH, RIGHT, GOTCHA."

MICHELE MARIA MESSERSMITH . . . varsity X-country, field hockey, tennis, track, CSF . . . Go Get 'em Cougars!!!

NANCY MEVOLIA . . . **1st** drill team cpt. at capo . . . had lots of fun at Capo High, glad it's over.

KAREN MITCHELL . . . Mitch Bomb . . . remembers fun times at SC. & CV. (PDL) also MC. JK., Alfred, Elmer, Mammoth ski trip! Tennis team, fire bird! best friends, TJ., TV., CF., CB., PL., DB., LE., JK.

ROBIN LYON MOONEYHAM . . . varsity tennis, basketball and softball, will always remember "hi it Hal!" pullin "urahs," painting the "curb" and 3:00 am, and my best pals Terry and Steph.

SHERI MUNTGOMERY . . .CHO . . remembers JV. V. Cheeryrs, cougar mascot, sohp and junior treas. Capo's Homecomings, Drive-Ins, proms, jacuzzies, football games, friends CO. & KB, and especiall "ROBIN" K-41 "Life is just what you make it."

MARK WALTER MORA . . . soccer, music, nocturnal activities, capture every moment because life always goes on.

YUSEF A. MOUAWAS . . . varsity vollyball, remembers leisa donuts in "Mr. Teacher Nealy Bob's class."

JEN NICHOLSON . . . luv to Sandy, claud, Sly; Steve-fool Fr U anywy; SC Bcrdi-nites; fightn over novios; Jami grt times in Nwprt, SC marci too-thanx: Darel my buds, Stef-3 yrs, prties, ski Tahoe, hrtbrks, ray-hey mate.

SHELLY DEANNE NOBLES . . . philosophy . . . "lead, follow, or get out of my way" plans to bemoce Dr. Nobles . . . rememberances . . . deutschland, sour whip cream, PJ., Sir Grod, bubbles, und immer Gerhardt.

CRAIG O'BRIEN . . . plan on going to college and majoring in music. As to which college is up in the air but time will tell.

ERIN MAUREEN O'HAGAN . . . varsity 4 yrs. basketball and softball, remembers being 1 of steinys anger, the good times with Ms. Stamp willians, Mr. King, but most of all mh friends going to attend college.

CHARLIES PATRICK O'HALLORAN . . . jr, chuck . . . plans to attend UC Santa Barbra. All my love to Kath.

BILL ONTIVEROS . . . I remember bing on the wrestling team, starving to death captain made it to CIF, best wishes to my little hijo; PJ, JF and SD. I will be attending college and working with handicap kids, "Best wishes to all."

SUSAN OWENS . . . sue symphonic band, marching band, tall flags, short flags. "Happiness is found along the way, not at the end of the road.

BRAD R. PARKER . . . 3 yrs. varsity football and baseball, 2 years varsity track, remembers "Gem Club" Fellow "Mall Molders." will attend the university of Colorado, "Go Buffs"

BABRA PEREZ . . . Baba Wawa, buns . . . remembers the good old days at SC. ski trips, Gem Cleb" good buddies, Sue, Cheryl, Carol, Fran and others. Hawaii here we come! "Do you have your pass to leave?

DEBRA PHILLIPS . . . "debbie" . . . remembers good times at SC. CV., VB league, JK, MC, and JM. also good time with friends esp. Sue, Heidi and Dana! ALOHA!

AMY PITSKER . . . pits, Prez . . . remembers ASB, plays, swensons, grad-nite, New Years, colleen: MV-TP, key club dinner, raisins, X-mas, Gidget: skating splits, drive-in, to John I leave ASB, good lick. "When in doubt simle!"

MICHAEL P. RAMIREZ . . . floccinoccinilipiophication . . . "Life is like . . . Life"

DENISE C. REAGAN . . . dee . . . munchkin, dance, newspaper, yosemite, good times, hardwork, "High school only happen once, thanks to good friends and BIRO. it was terrific." . . . "sun, surf, skiing, short!"

CHRIS RIESSUMELLER . . . sc . . . best bubsy laura, good friends, ski-lizard, sr. homeconig court, sr. prez, ASB, mvp tennis, SD. state. life without friends is like a body without heart . . . luv ya bunches bill!!!!

BECKY ANN RHOADS . . . to know someone here or there with whom you can feel there is understanding in spite of distances or thoughts unexpressed . . . that can make of this earth a garden.

JULIE ANNE RIS . . . never forger fridays . . . I'll work on the "west end," on the "great whit way," and in tinsel town and live where it all takes me "you only live once, but if you work it right, once is enough."

ROCHELLE COLEEN ROBINSON . . . "gidget", Rahch" . . . per commissioner 2 years keu interact, pep and drama clubs, miss congenially in miss SJC. the biz quiz, del taco bibs, roseanne rodannadana, etc . . .

HELEN ANNE ROGERS . . . varsity songleader 2 years, short flag, dance production. Remembers . . . Charlie forever, football games and good friends; Michele, Jeri, Maria . . . "keep your eyes to the skies."

LISA CATHLEEN ROGERS . . . I remember trying times, my very dear and close friends: MCH, PL, BG, RP, WH, CB, PA, GDI, JB, LI, KG, many thanx. crazykid and "I don't feel like a senior!"

ANTHONY THEODORE ROMERO . . . teddy . . . remems . . . the beach, partying w/NB locals esp. patty 1/1, getting caught, Prom, crashing-skiing w/DT & JO, . . . "This summer will be rad!" . . . plans to live on a boat, go to college, I'm outta here, later!

KEVIN JAMES ROMERO . . . 5's "procrastinators will inherit the earth; when they ger around to it." For the Revolution!!!!!

STEPHANIE ROMO . . . Friends like Jennifer, Debbie H. Sharron, parties, lots of fun at the lake this summer; Pat and todd, sthn cmft, woeking and studying so hard. (car & moped accidents) hoping for a dream that someday will come true-right Jen.

PETER MARK RONCA . . . all of my love to Maria, Saddleback next year, Basketball with King — our trip to Bell H.S., "Eagle Mountain." C.I.F. football, coach Smith, Sports Rule!!!

STEPHANIE RONDEAU . . . remembers White curb episodes, and great times with T & R.

DONALD STEVEN RUNELS . . . "Callahan." School's first drum major, symphonic band and music man. Remembers half-time shows and no uniforms. Plans to go to college, be a cop, own a gun store, or all three.

MARIA JEANNIE RYAN . . . remembers 2 years as a varsity songleader and all the fun we've had, football games, dance production and Peter. Plans to attend U.C.L.C. in the fall . . . "cheer."

PATRICK C. SANTISTEVAN . . . "SENSA", #60-all league gaurd, SC. frosh champs, dance prod. 2 yrs. "SLK/CV vars 2 yrs. gong show 78, To all the SJC locals esp. Mick, Dee and Topy, Get on down, "I said stone free to do what I please."

BONNIE D. SALA . . . Valedictorian, (finally!) "If you cry for discernment, lift your voice . . . for the Lord gives wisdon; form his mouth come knowledge and understanding." (prov. 2: 3a, 6)

KATHLEEN SCHALLER . . . 2 yrs. V. cheerleader, 2 yrs Act. Comm., SC soph yr. with the gang-Eart! Gooberbutt, Julie and Michelle, Weenie, Gem club, Las Vegas, Drive-in, Smile laugh and shine to all my pals.

LISA SCHOROEDER . . . remembers good friends, KG, SS, BA. "oh my gosh!" plans on attending Saddleback. "If you love something set it free, if it comes back it's yours, if it doesn't, it never was."

HOWARD J. SEWELL . . . "randy" . . . varsity soccer and track . . . CSF president . . . National Merit Finalist . . . will attend Stanford U., and study architecture . . . "Crikey, what a year!"

KENNETH A. SHARRAR . . . "ken" . . . Remembers DHHS, football 9, 10, 11, 12. CIF track 9, 10, 11, coach Cunerty, all of those special friends, FCA cougar fellow ship, and a very few specialgirls, HA! HA! . . . future plans . . . Cal-POL-Pomona. Social science, Bye y'all, we're history! . . . When all else fails . . . try praying!

MICHAEL D. SHANNON . . . "big mike" . . . key club president . . . senior class representative . . . CSF . . . "Gonna be an Anteater" . . . plans to become a dentist . . . '79 was mighty fine! . . . "I'm a California Man", C.T.

HEIDI M. SHAVER . . . "live for today, with tomorrow in mind" Gee, Gee, Gee, where the boys sue? Why was is it so boring, boring, boring?

SUE SHERRY . . . Sue Baby . . . remembers S.C.H.S. ski trip, San Onofre, Gem Club, best buds, hotline, buns, soya beans, narf, M.A.S.L. 18th b-day, all the Tiki buds, crusing w/the gang, Finally our of here!! . . . Hawaii here we come!

RAYMOND ROGER SLIEPKA . . . Ray . . . 4 terrorizing yrs. in track CIF 3 times. The rad jolt manuvers idealizer, my bloods PPC, MS, RW, SJ, JW, CO, BP. Space Ace Frehley, Led Zep-Freebird, Stranglehold TNT power & all the lethal jammage.

ELAINE SMITH . . . remembers good friends and all the crazy times, love ya "Flea," skiing GV, CJ, JW, tennis, "The future belongs to those who believe in the beauty of their dreams."

CAROL SORIA . . . soy-b . . .remems . . . Gem club, SCHS parites, proms, formals, homecoming finalest, Xmas queen, best buds, Hotline, Narf, S-baby, Walva, & the rest of the gang . . . Hawaii here we come! Always Smile!!

LISA SORRENTINO . . . alias Pere Puma . . . remembers Martin, Ray, Hoffy, and all the rest . . . attending U.C. San Diego in the fall . . . laugh while you can, everything had its time.

REANA STARNES . . . bananna . . . remembering those dreaded Mondays then rejoicing on Fridays, partying constantly from morning to night with friends . . . those rad trips down to Mexico, Tennis & Yosemite . . . Plans to go to Saddleback then transfer to UCSB . . . my goal is to live life to its fullest.

SUSAN STARR . . . sue . . . "you only get what you go for." remembers the beach and friends. Hey Heidi where's the boys? Randy G!! Oh Dana! Hi Deb. Ahoo! Go for it!

TONIA ALISA STEINKE . . . Jr. class VP., Sr. Class rep., Key club tres., Homemaker of the yr. Award, dance prod., yr.book staff, remembers: SC, Biil, Sac. Trip . . . "Operations" & all my buds . . . Racquetball all the way.

SHELBY SWANK . . . leave LS. a life time supply of dr. Pepper, another car to tailgate. To BA, I leave a life time supply of jokes, and a corvette. To KG. I leave a piece of licorice and the record Kansas City.

KELLY SUE THOMPSON . . . Dance Production 78-79, remembers Crossroads, Mammoth Xmas 77, all the supertimes with my buds, and Devin my love forever . . . "Everytime I think of you" No goodbyes, just see ya later . . .

TAMMY VACCARELLA . . . So long Capo forever, (P.D.L.) planning on going to big Saddleback WOW! remembers all the PDF times with Karen (mitch bomb) KB, LC, DS, PB, SC, TJ, DK, and will always remember **you** Carl forever, and ever . . .

KIM VANNORDSTRAND . . . kimba . . . remembers DH. and being extremely small, coming to C.V. meeting everybody. Allen and the SJC gang, plans to woek for a year and then go college, Be happy!

LAURA ANN VAN PEURSEM — Best bobsy Chris! S.C., Sr. class V.P., Key Club Sec., Sac Trip! Formal '76, Valentines Dance '79, Challenges, My Friends. Happiness is having Faith and Friends to share it with.

RANDY WALL . . . will . . . remember senior year, all the parties, leaves blue slips and re-admits to Wendy, Amy and Daphne . . . best buds, Big Ray, Pat & Pete, Kev, Roni and Bob.

THERESA ANN WEN . . . Terry A "fish" . . . CSF, honor roll, girl's varsity swim, 1979 captain of swim team. "To know we know what we know and that we do not know what we do not know, that is true knowledge! I plan to become a M.D. . . . '79 was great!!!

JULIE WILSON . . . ASB treas, remembers Fonz at SC, weenie, EM, KK, DM, SC & of course "Gems", let the good times roll. what lies behind us and before us are tiny matters compared with what lies within us.

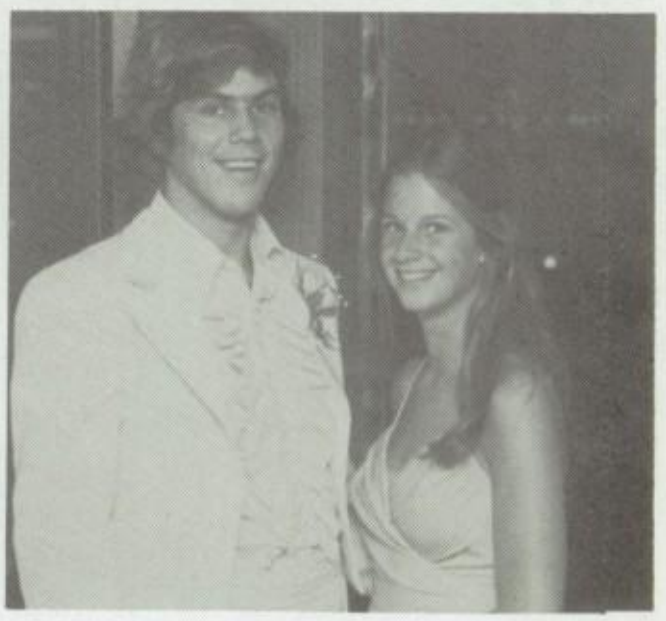
ALEXIZ WISNESKI . . . lex . . . remembers Glo and Mel, ditching, partying and having a good time SJCSL . . . "hey let's get senseless."

CATHY WOLF . . . philosophy: today is for growing, tomorrow is for living. Ambitin . . . to become a veterinarian . . . I remember school dances, Mr. Anderson's class and the people I met there; Mr. Lane's class with friends.

TOM WOLOSZ . . . D.E.W.4 - 21- 78 . . . always remember Nealy's bulletin Board, Frost's shopping cart and invite, and Eller's tests. (tight fleet!) rizzopifer racing team? "If at first you don't succeed, buy a ford."

MARK E. WOODALL . . . 3 yeats track, 2 years cross country, U.S.C. has me for the next 4 years in Aerospace Engineering . . . All I can say is "just leave me alone."

"SINCE I'VE BEEN LOVING YOU"



The day every Junior and Senior was waiting for, May 25, 1979 finally arrived. The Jr., Sr. Prom was here. With the guys in their Tuxes and the girls in their Formals a night for all to remember was about to begin. Promptly at 7:30 a Buffet dinner started aboard the Queen Mary Ship in Long Beach. With the band "Jason" playing music to set the mood. A surprise to all came when the Prom Court was announced, Queen Helen Rodgers, Sr. princesses; Chris Reissmueller, Colleen Hubble and Jr. princesses; Kari Sakuri, Stacy Clark. The Prom certainly turned out to be a Floating Success.

★

JUNIOR SENIOR PROM COURT

Kari Sakuri, Colleen Hubble, Helen Rodgers, Chris Reissmueller, Stacy Clark

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ED PARVIN '73

By Ed Paquin

...for the two years I've known you you've always been nice and fun to talk with. I wish you the best of luck in the years to come and I hope you have a great summer and many more. Love Jim Bonavia

...TO, YOUR MISSION,
...YOU DECIDE TO
...E IT, WILL BE TO
...UCE THE BEST
...RBOOK EVER!

...was fun having you in ...pe you have a fun summer & ...won't see you next year.
Magali

Lynn,
It was nice meeting you this year in PE. Take care of your self and stay out of trouble!
Kim

THIS TAPE WILL SELF-~~DESTRUCT~~ IN 5 SECONDS!

Lynn, I'm so glad I got to know you. You're such a sweet girl & I hope everything goes good for you in the future. Have fun this summer. See ya Jane

PS Call me sometime 770-5096

RATTLE!
RATTLE!
RATTLE!
RATTLE!

OH NO!

Lynn, you are a very "cute" girl. I really didn't get to meet you that well but I would like to ... day. I hope you stay sweet and good looking. and don't forget to come see me next year. Efren Malagon

78-79

Lynn,
Thanks for all the fun we have had in stamps class. You are a really good person and I wish that you always stay that way.
Good luck in what ever you do in the feture
love ifriends
Erin
O'Hagan
call me
495-1085

Lynn,
You are stoked that you are finally out of school. If you ever have time, lets do something this summer.
X Brian Pittman

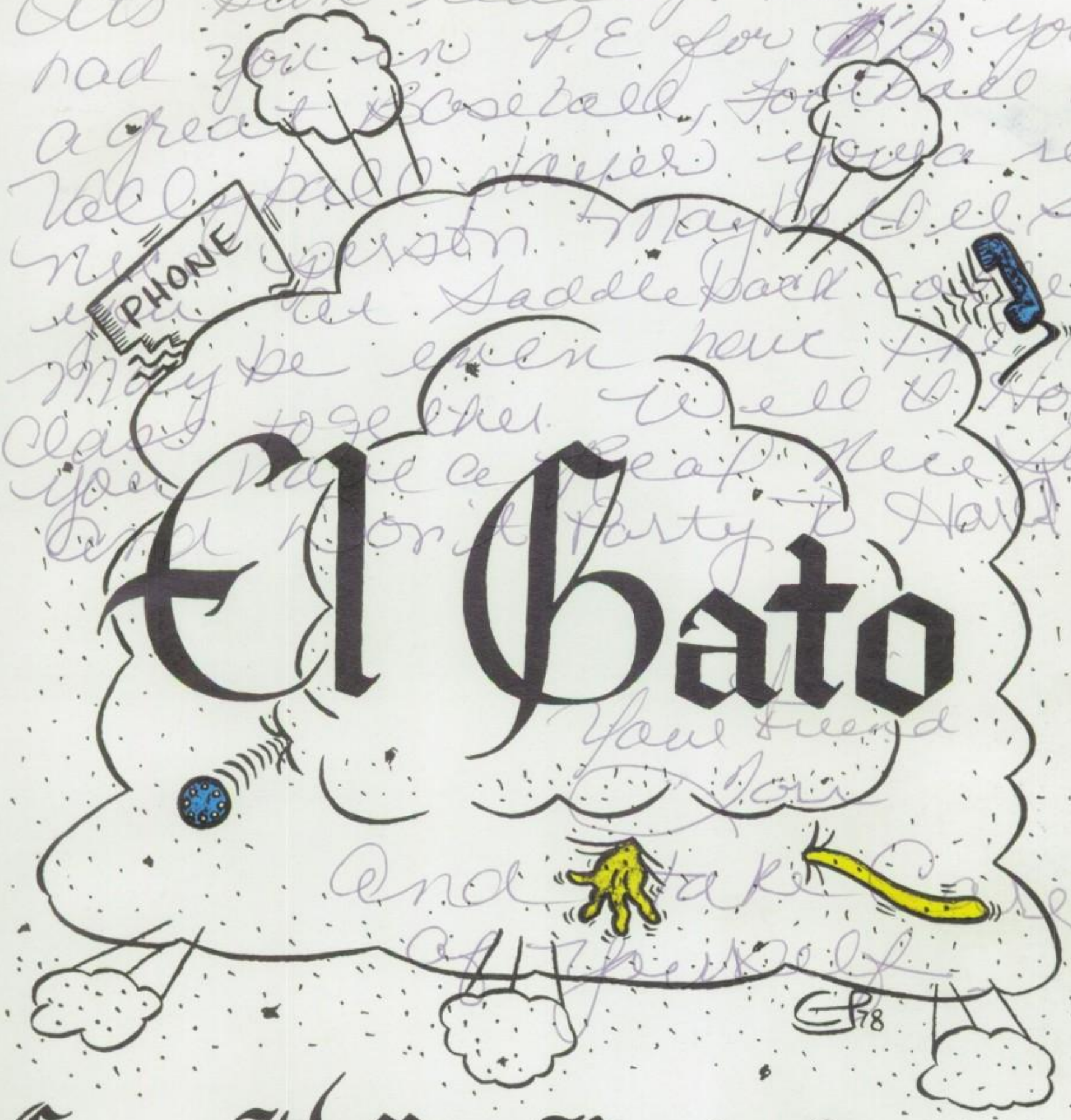
Lynn,
I hope your future is a success. Hard work worked for if. See ya Saddleback.
Luv
Marie '79

Lynn,
It's been great knowing you. Hope you have a great summer. Keep cool
and clear. Stay cool
501-7441. Stay cool
i could use some
cyn. "80" rules. Luv ya
Judi Caufield

LYNN,
IT WAS FUN THIS YEAR IN P.E. WITH RED-EYED, LOUSY JOICE TELLING COACH. WELL SEE YA AROUND. HAVE A GREAT SUMMER AND STAY OUT OF TROUBLE
BYE, BYE
MARY

Lynn, Have a nice summer. Text me
this year except for P.E. Maybe
next year ok? Judy Blake

Lynn,
Its been really neat to have had you in P.E. for 3 yrs. You're a great baseball, football & basketball player. I'll see you next year. Maybe I'll see you at Saddleback. Maybe even have P.E. class together. Well I Hope you have a great Summer. Love Jimmy
Carol Morris Party D Hayd
Your friend
and take care
of yourself



El Gato

Capo Valley High School

Volume I

We had a great time
Darleen
we got to get
to-gether over
the summer your
such a special friend
it's so cool

Lynn
I don't know you very well but I would sure like to. Take care of yourself & I'll be seeing ya around. Love Always

Mike M.

P.S. call me.
493-3977

Capistrano
High Sch

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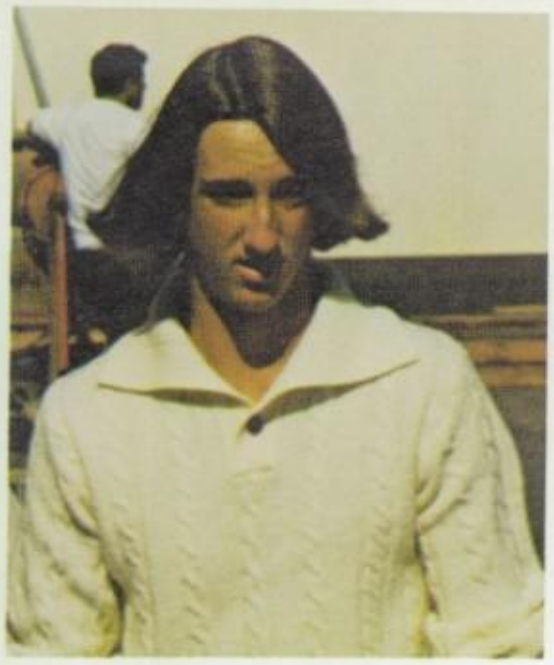
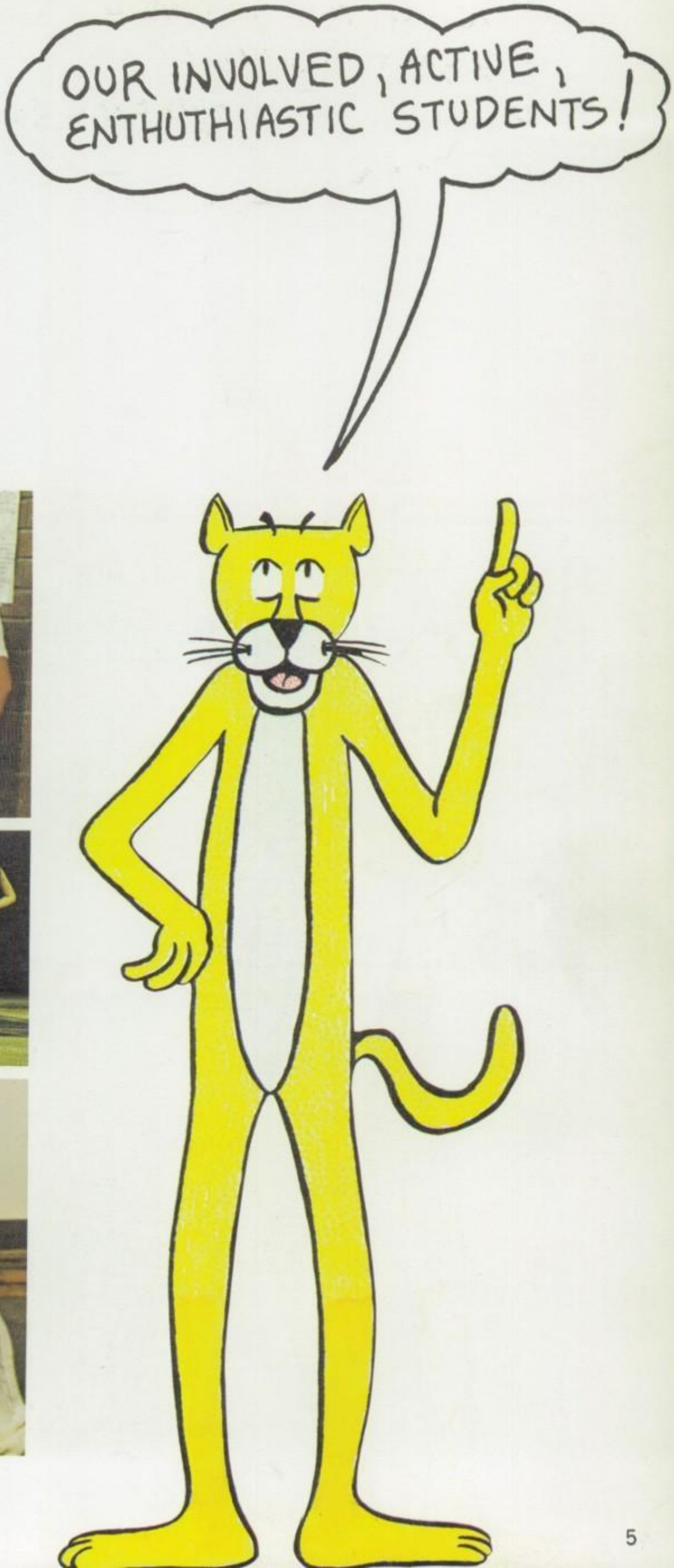
Lynn - I'm really glad that I met you this year. I wish I would have gotten to know you better. I'm looking forward to seeing you next year. Take care!

Love,
Mandie

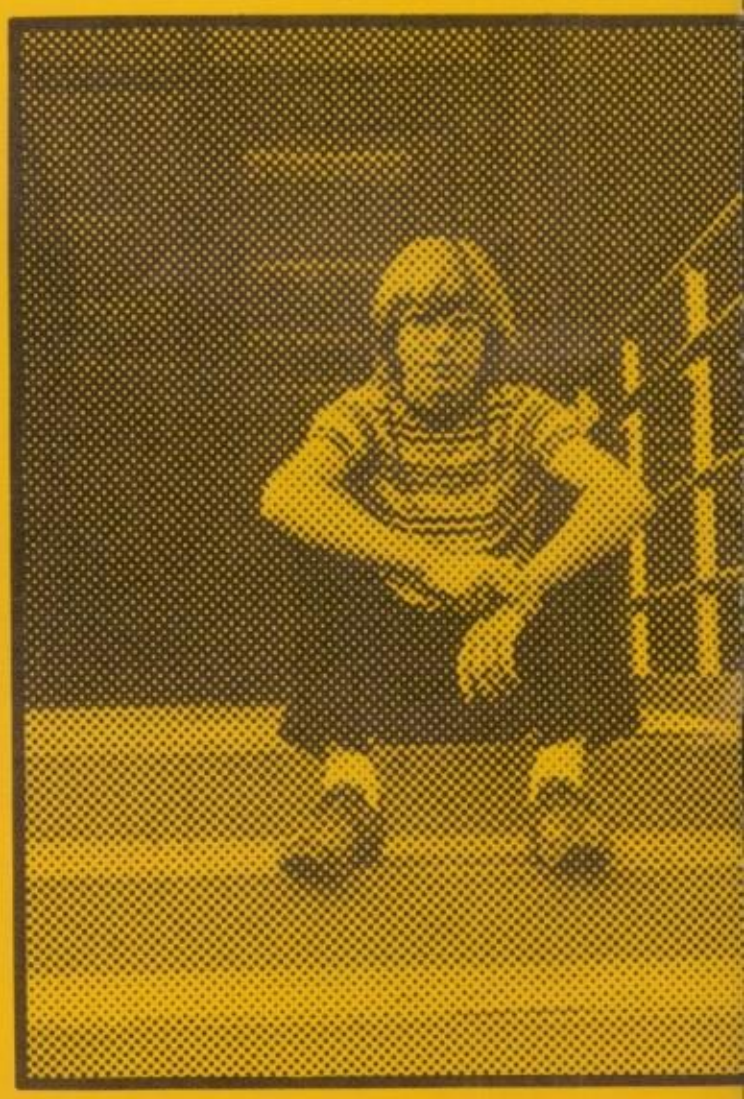
Lynn,
Hi! Its been
fun getting to know
you. It was fun in PE.
w/ Curusty. Oh well, its too
bad you're graduating! GoodLuck
always, Sonia Carey



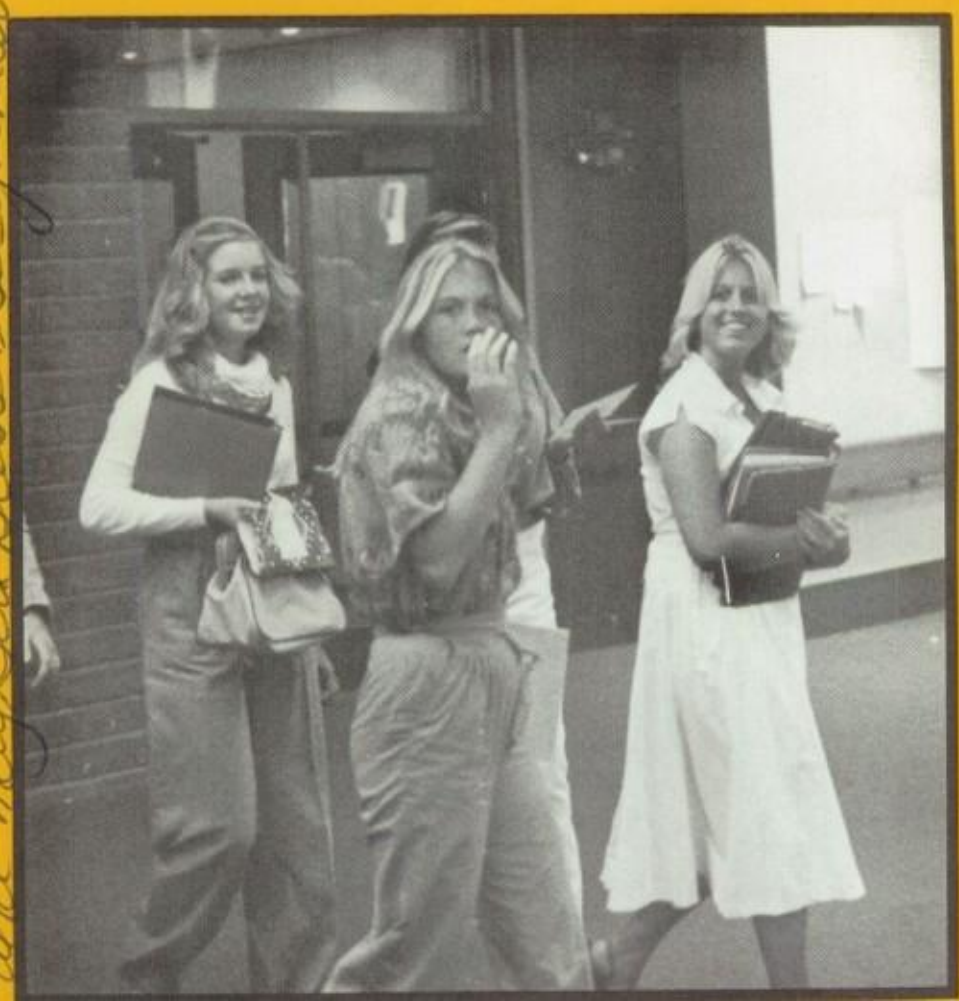


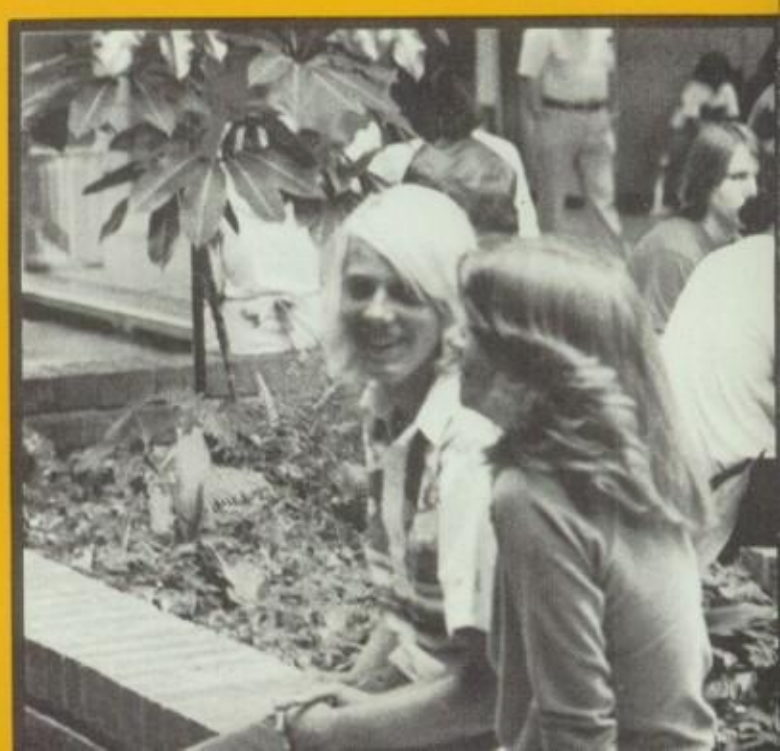
LYNN, IT REALLY WAS FUN HAVING YOU IN P.E., YOUR A REAL NEAT PERSON. HOPE TO SEE YOU NEXT YEAR. HAVE A NICE SUMMER.

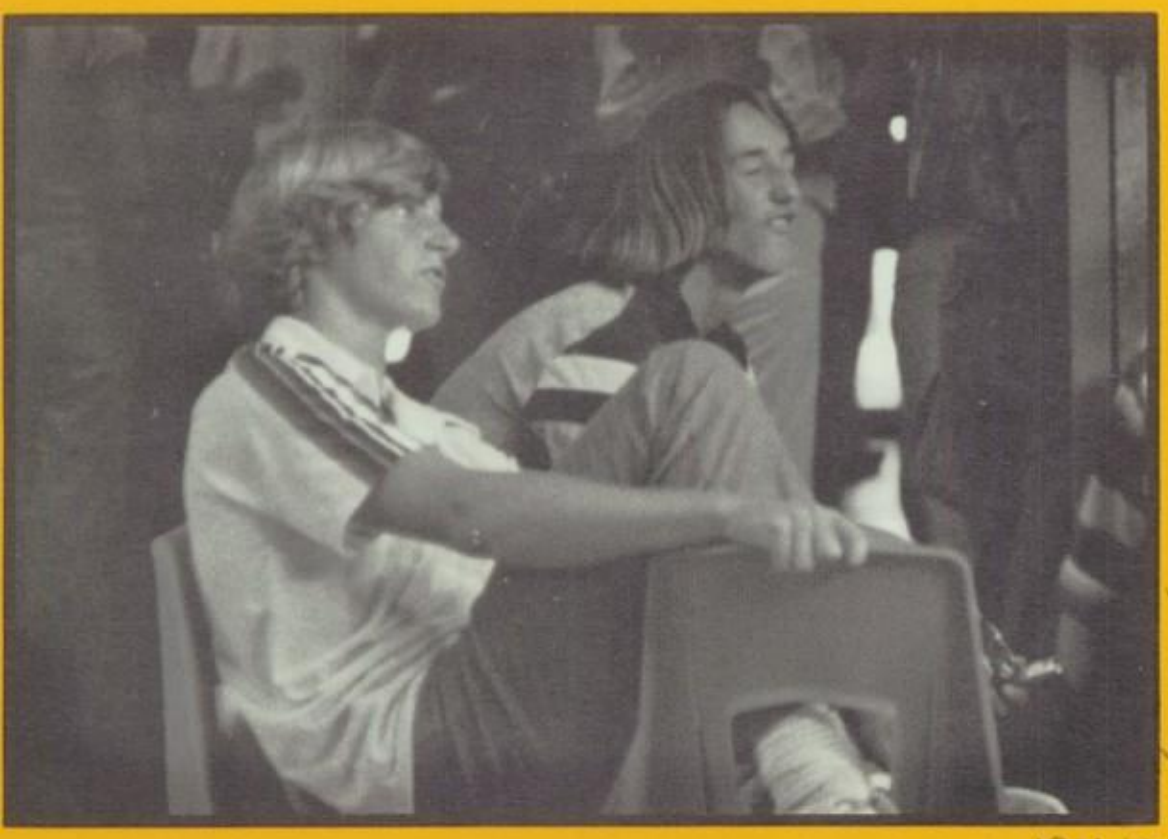
NOEA "30" ENES



Lynn, I don't really know you but you seem like a super neat person. And because you like sports, Good luck on the future and may God bless! Sandra Dabalos 79



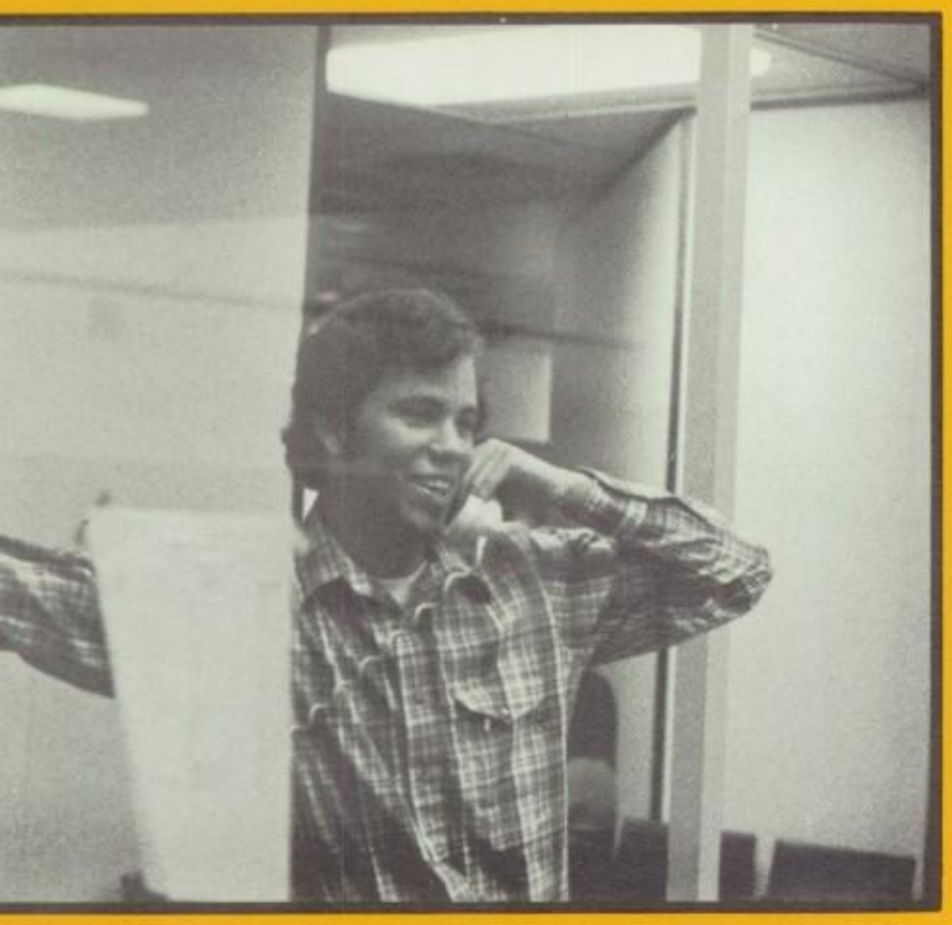


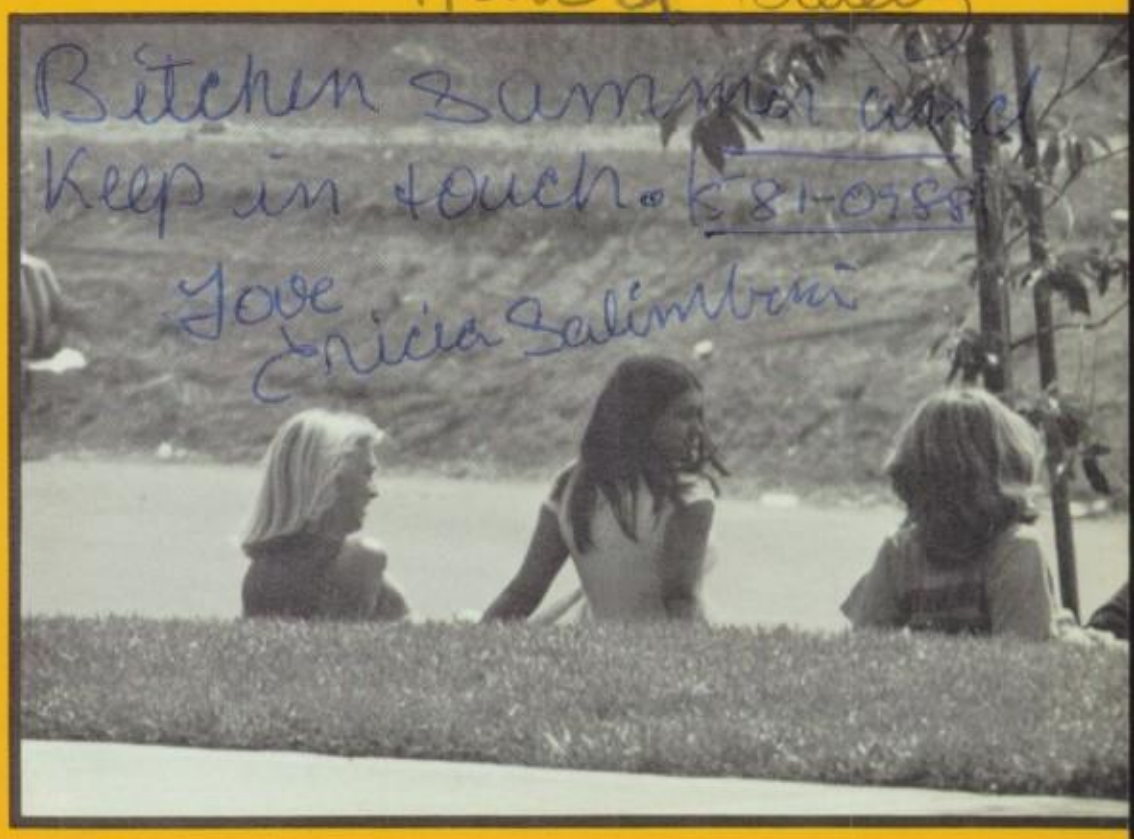


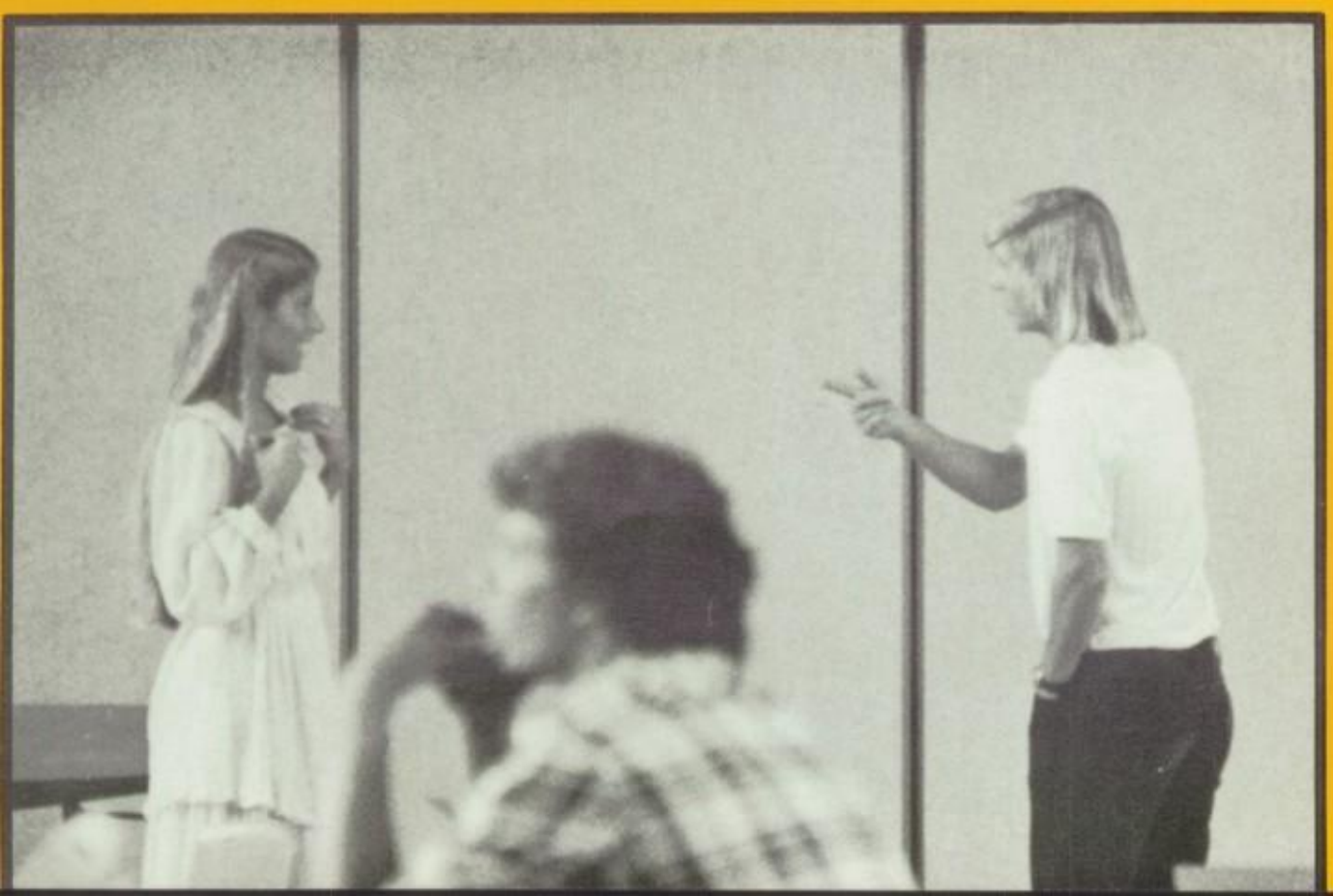
Lynn,

You are really a sweet person, a hard worker and pretty too. I wish you the best in everything you do and I hope that you get everything you want, (including Mike M.). Have a totally Bitchen Summer and Keep in touch. 881-0588

Love
Tricia Salimbeni



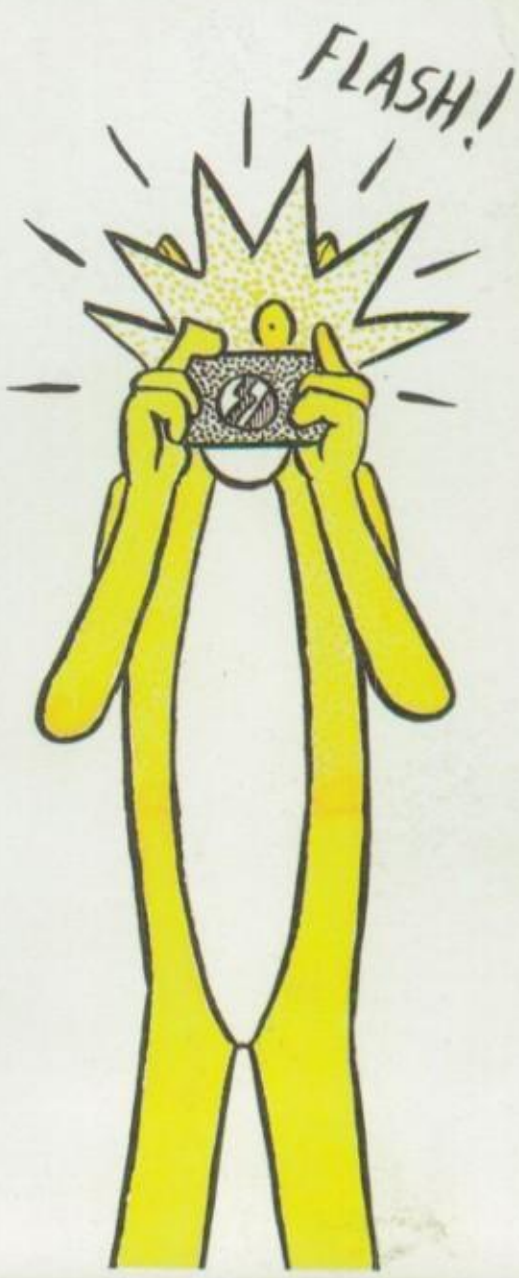


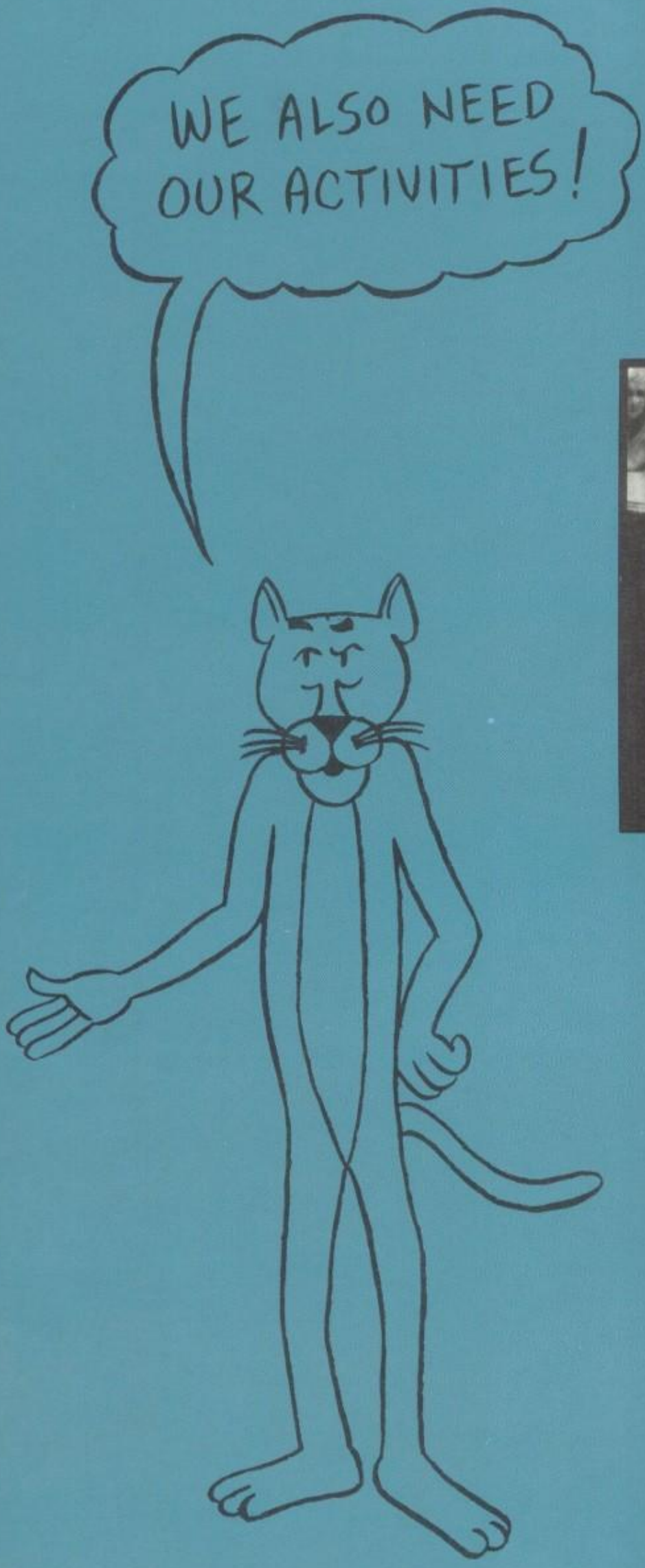


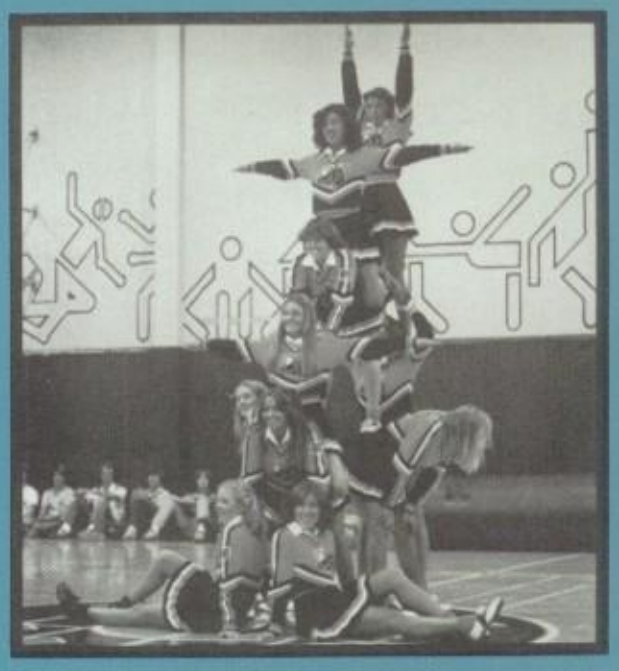
FLASH!

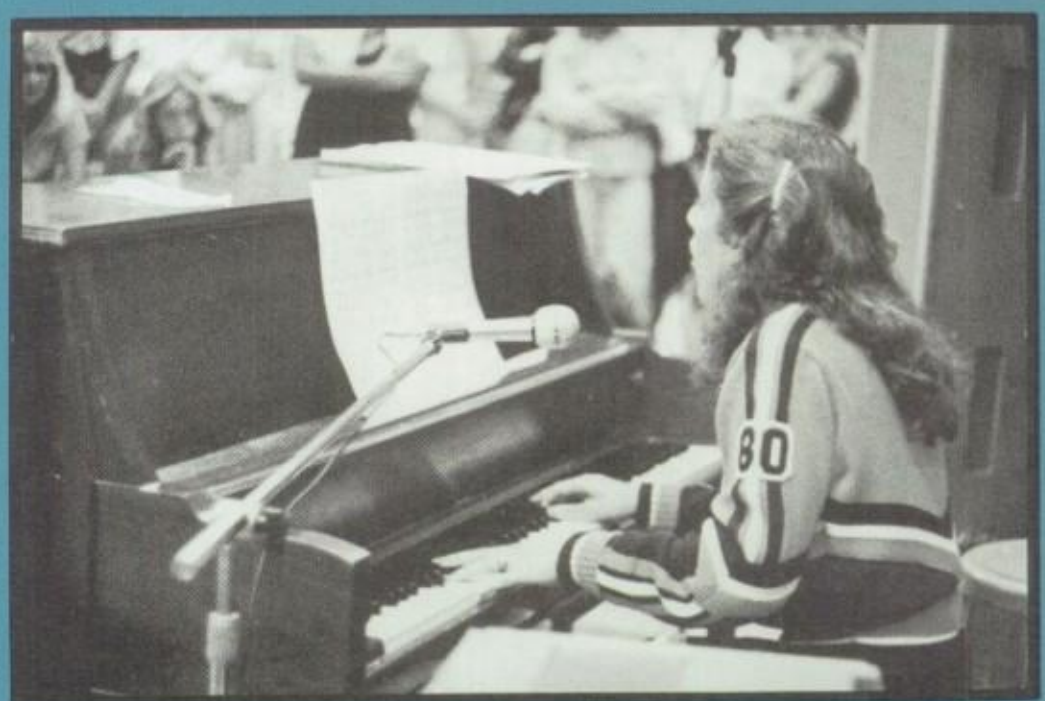
GEOMETRY

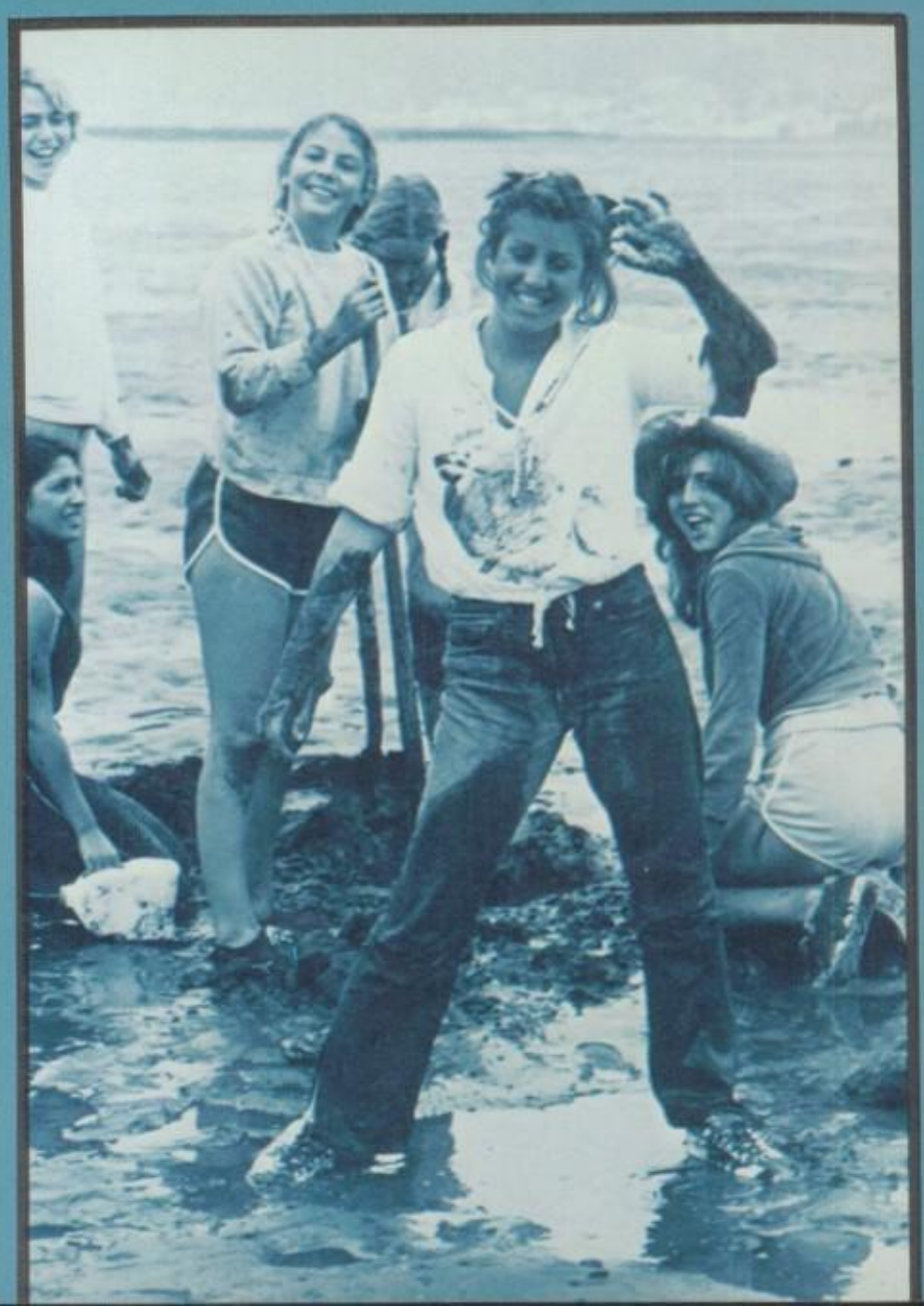
next year, take care of yourself, & good luck with your cutie boyfriend,
keep up the good donut work, you sure make them good.
Thats one place you wont see me because Im on a diet.
But for sure will see you at the beach. Call me for sure
lets keep in touch OK
Love Reana
493-0789

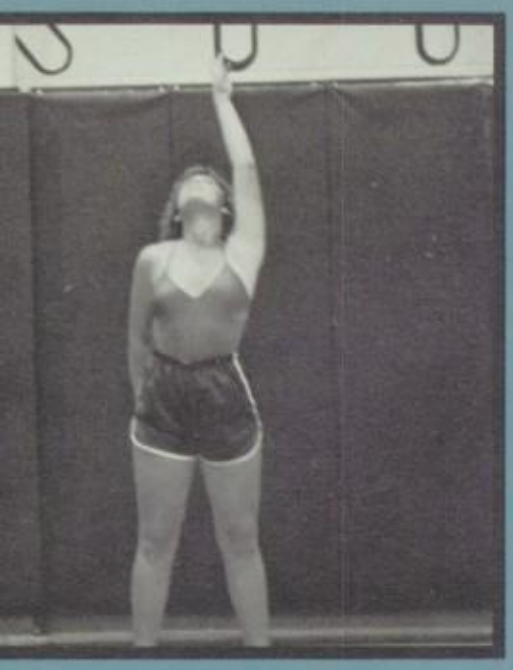



WE ALSO NEED
OUR ACTIVITIES!









CAPISTRANO VALLEY
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$250
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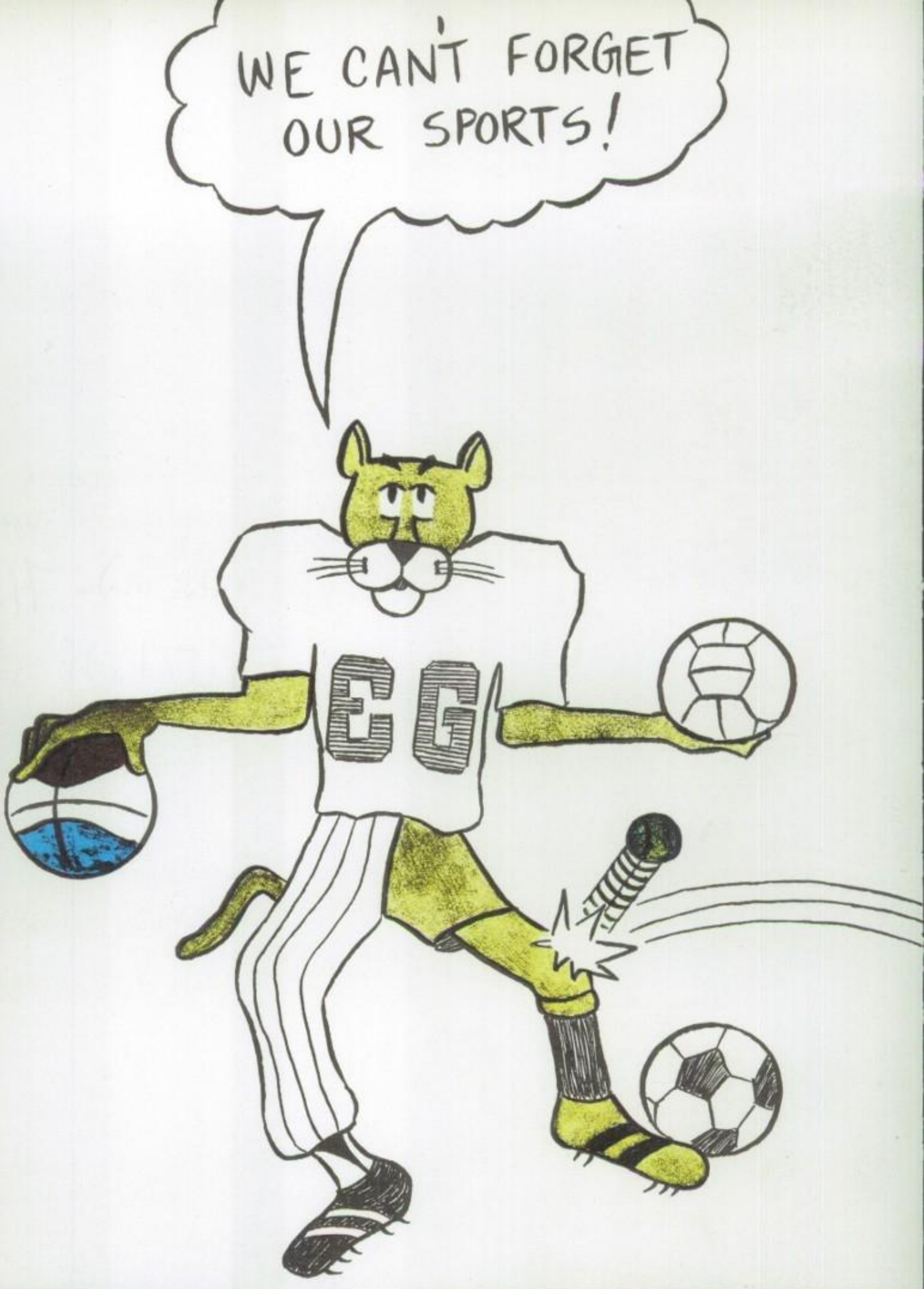
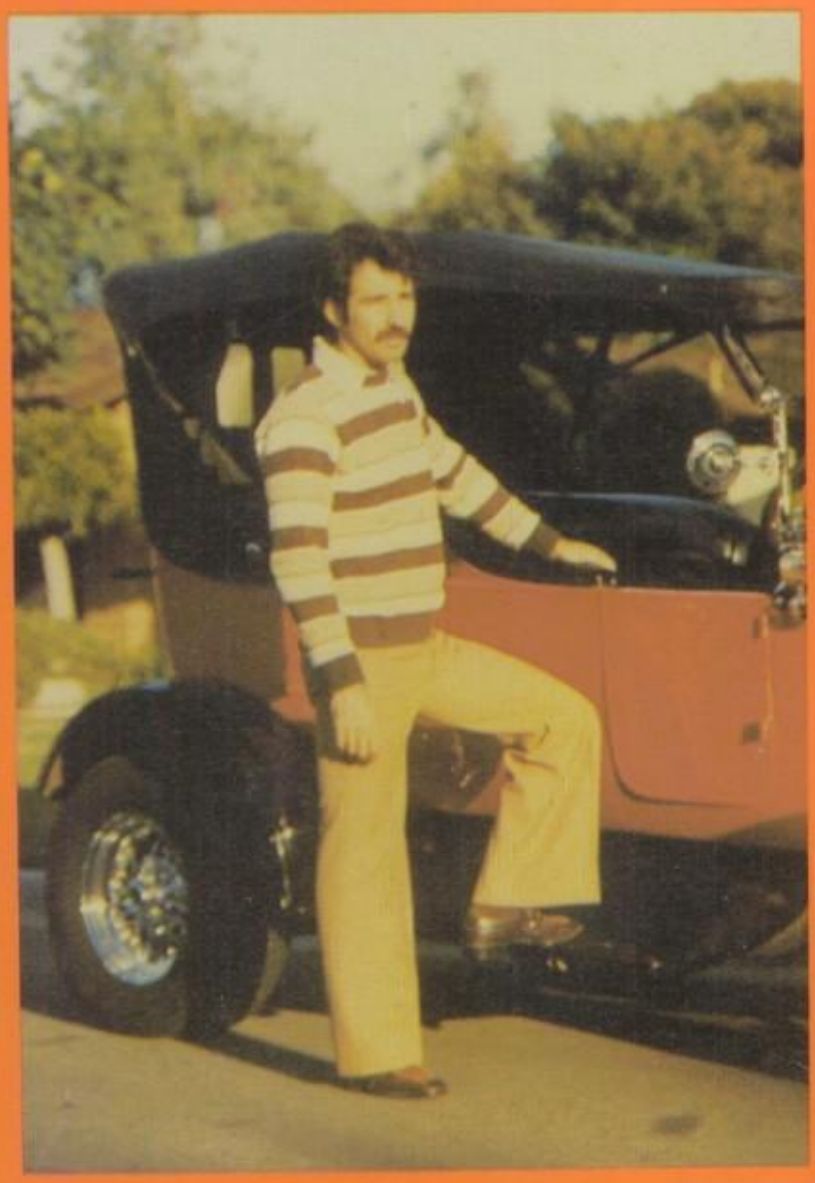
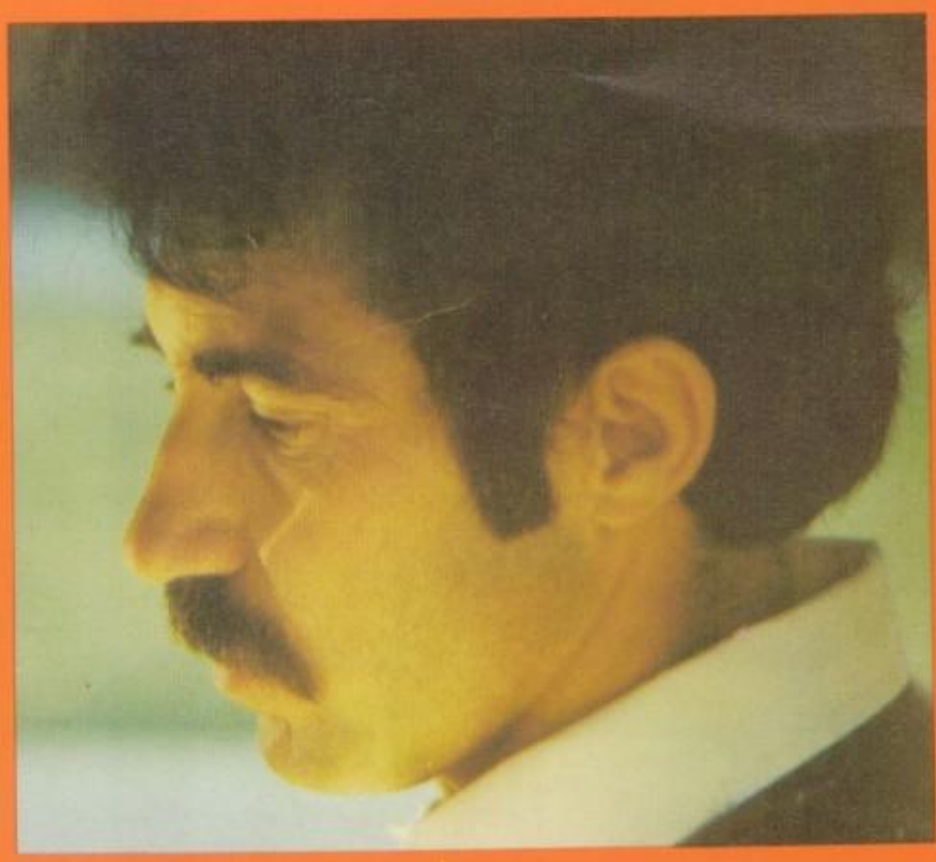

WE CAN'T FORGET
OUR SPORTS!
E G





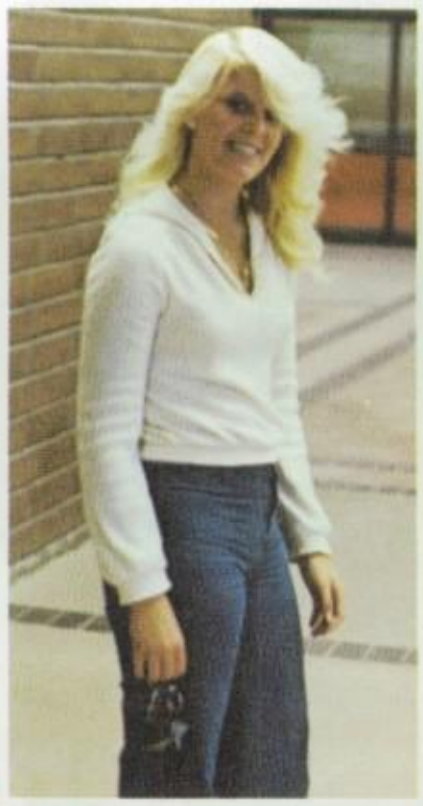
DEDICATION

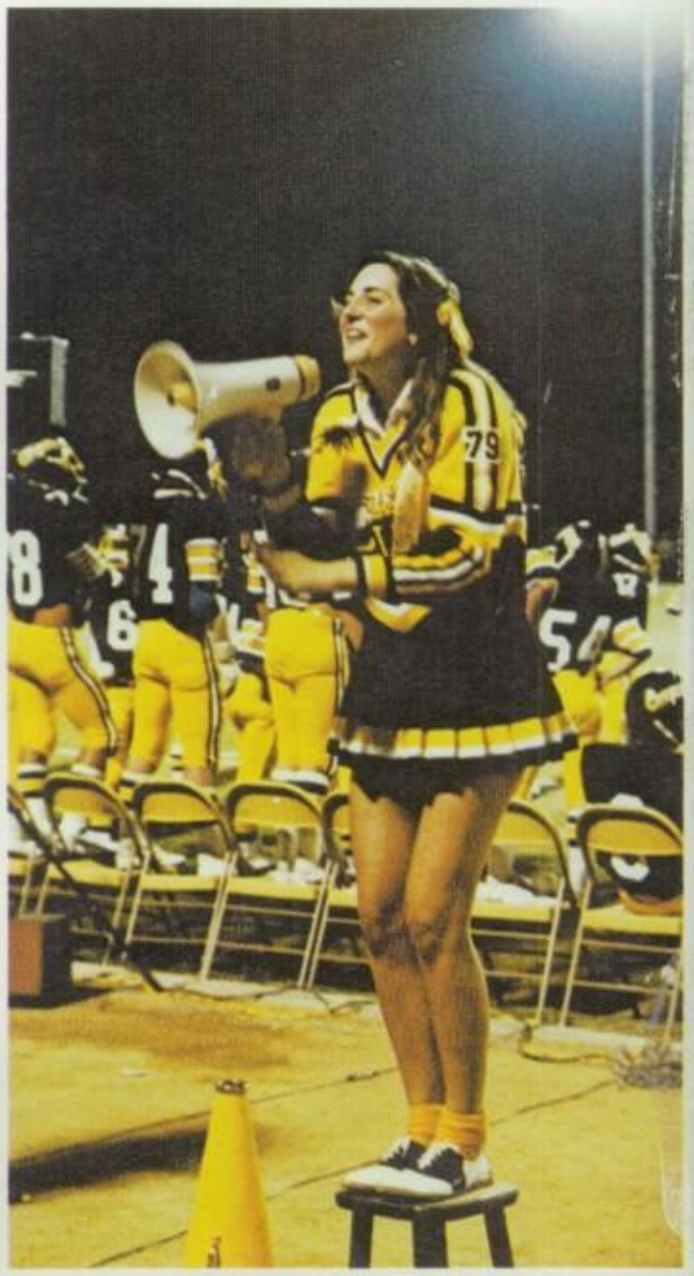
With great pride and admiration we are proud to dedicate our second edition of the El Gato to the one and only Mr. Glusac, for his active involvement and dedication to Capistrano Valley High School.

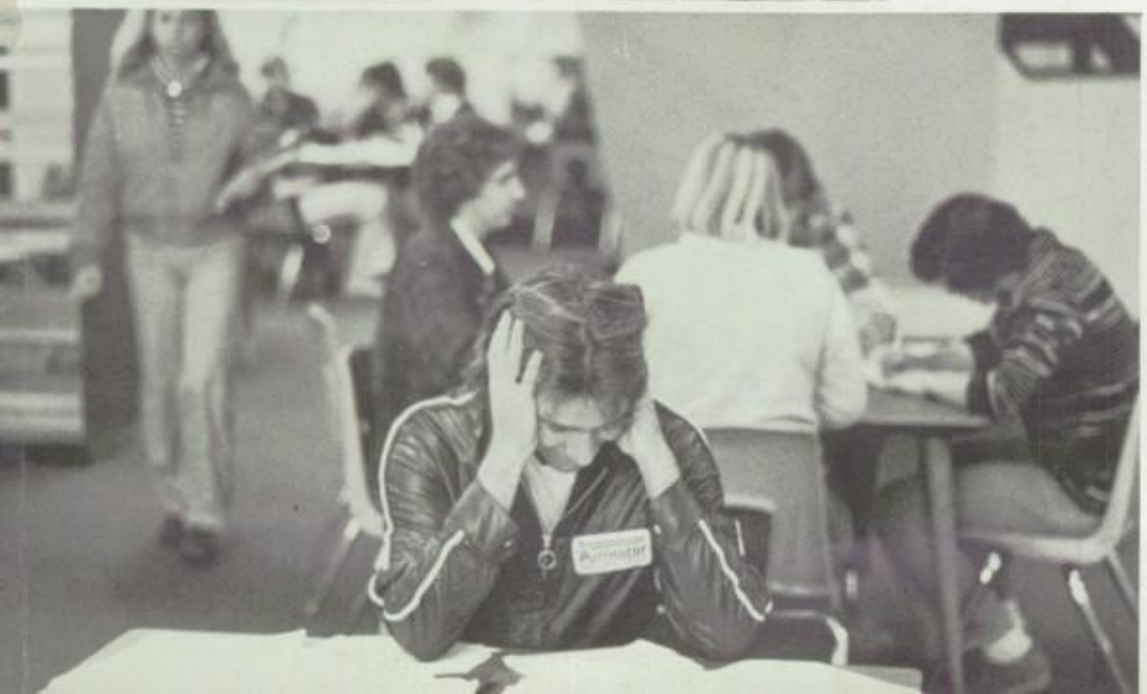
This man of wonder started those important years at Banning High School in Wilmington, California. He then went to Pepperdine University where he earned his Bachelors degree of science in History, Masters of Education and Administrative credentials.

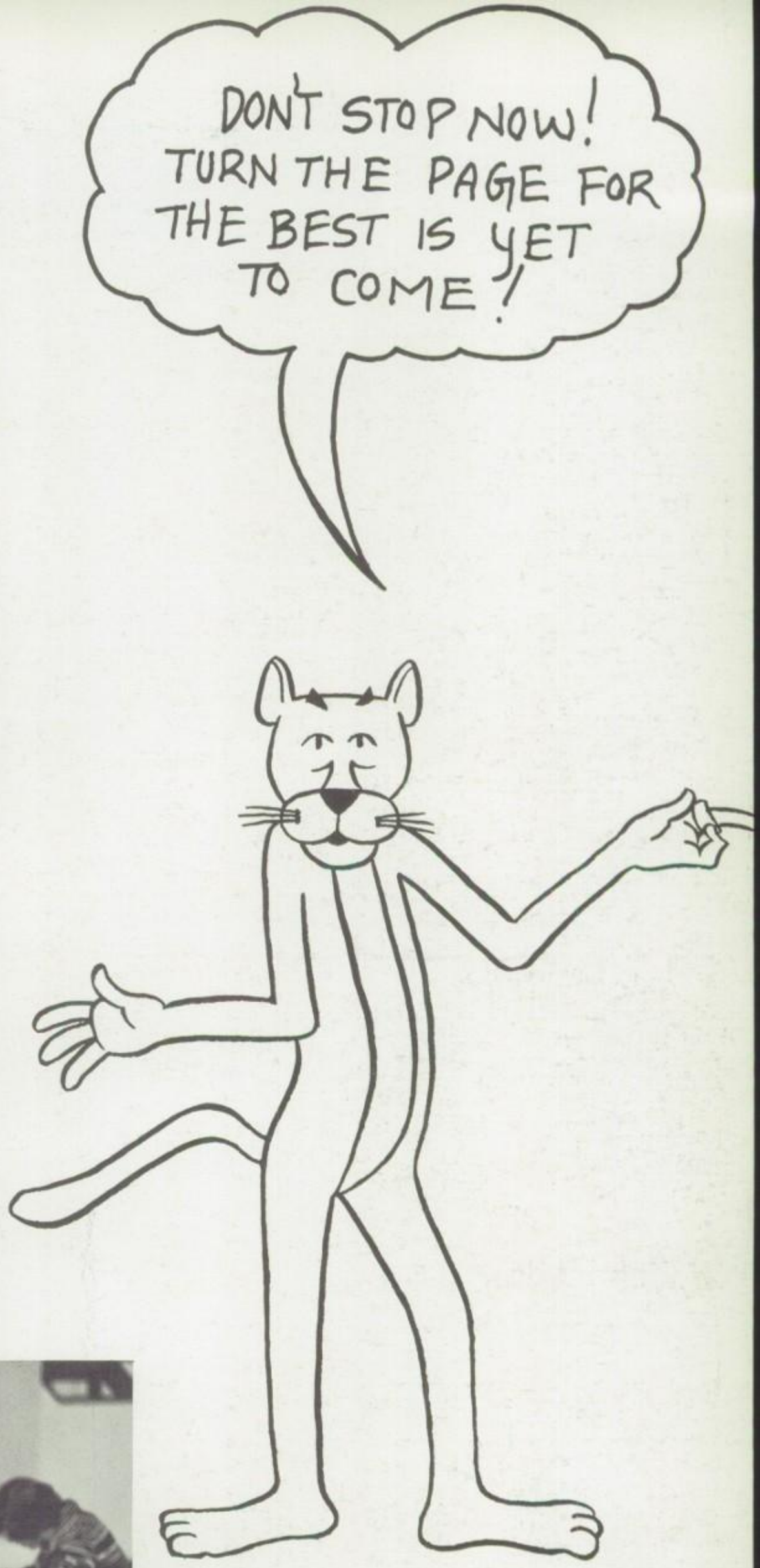
Before accepting the responsibility (or tough task) of both A.S.B. Advisor and Athletics Director at this school of schools, Mr. Glusac was a teacher at Carson High School for 14 years. With his spare time, Mr. Glusac enjoys working on old cars, attending horse races, playing golf and loves visiting Las Vegas. But, his most favorable pastime is talking on the phone, day in and day out.

Mr. Glusac - We the students of Capistrano Valley would like to thank you for your time and effort that you put into our school, for your fine leadership, and most of all, for your caring, understanding, and friendship.








DON'T STOP NOW!
TURN THE PAGE FOR
THE BEST IS YET
TO COME!

HELP!
AAHG!
OOOF!

Freshmen

Pres. Mary Hewitt-
"It was really fun being Frosh pres. I enjoyed the experience."

V. Pres. Kelly Charles-
"I enjoyed getting involved with the school. It was a fun year."

Sec. Jennifer Jacobs-
"I enjoyed helping out the freshman class. And we needed help!"

Treas. David Crandal-
"Being treasurer was really great, especially handling all the money."

Rep. Carrie Trujillo-
"Representing the class of "82, was a real experience for me."

Rep. Tracy Kirk
"I loved representing the class of "82, it was a great year!"

Don Abbott
Greg Abrams
Carol Achterberch
Michele Aguinga
Kim Aiken

David Albanez
Jim Alfaro
Jim Allen
Kevin Alsobrook
Alfredo Alverado

Tom Amen
Sandy Arneson
Jim Arnold
Mike Arnone
Jenny Avery

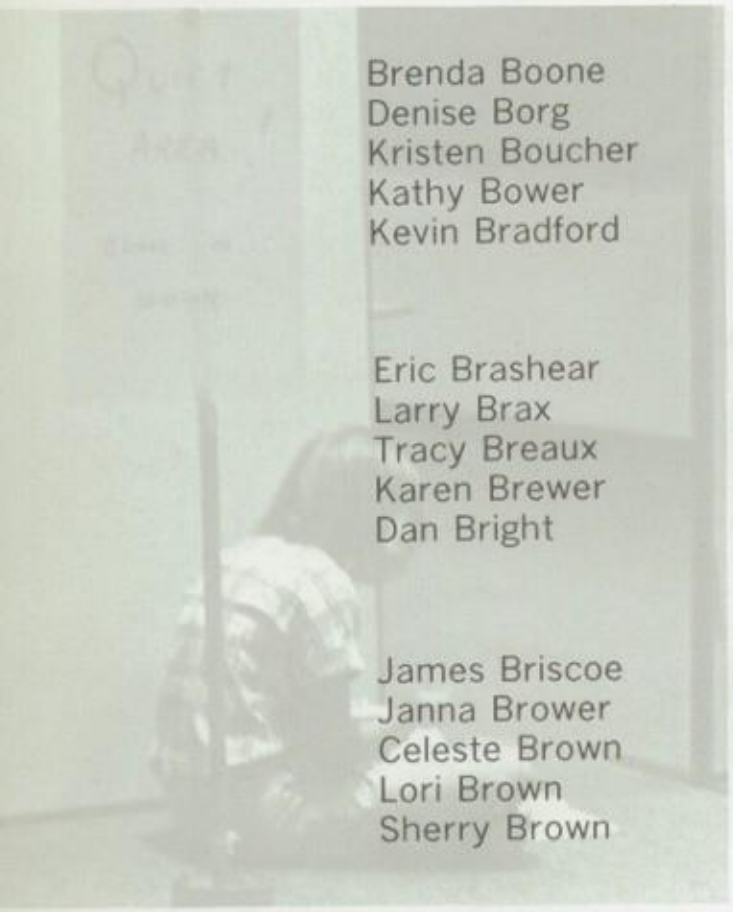
Paula Bak
Gina Ballard
Kelly Barker
Jack Barnes
Joe Barron

Kelly Barron
Debbie Bartoszek
Bill Bathgate
Robin Batz
Corina Beck

Katia Belanger
Brian Bell
Rick Bell
Tony Bell
Cheryl Bellamy

Armando Beltran
Lisa Benavidez
Greg Berns
Cathy Bisbal
Mike Blackburn

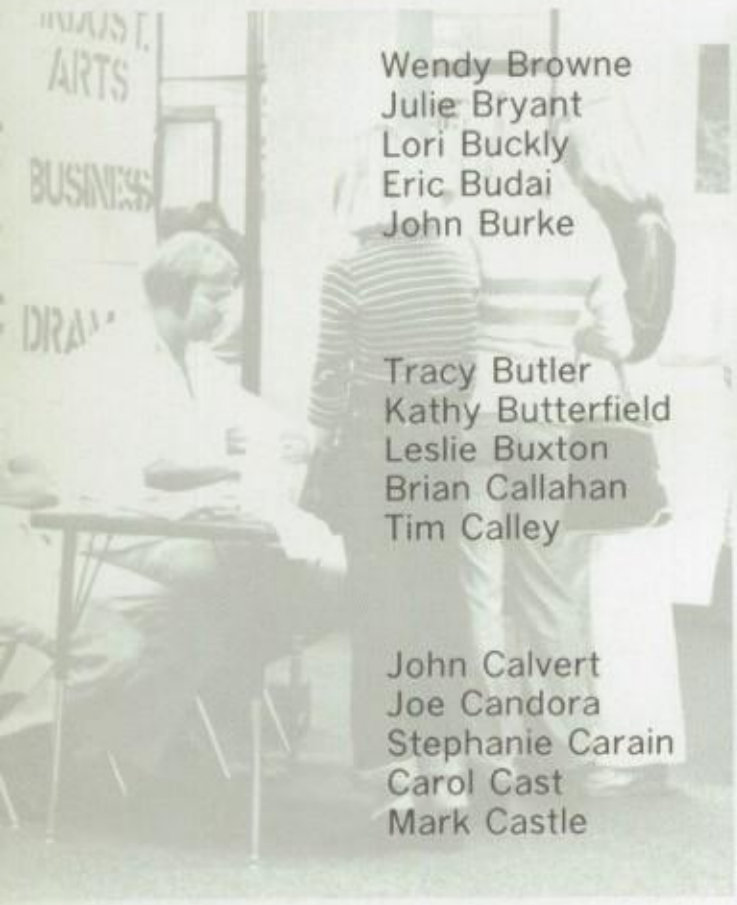
Steve Blaney
Joslyne Blasdel
Brad Boatman
Didi Bodnar
Carlos Boessler



Brenda Boone
Denise Borg
Kristen Boucher
Kathy Bower
Kevin Bradford

Eric Brashear
Larry Brax
Tracy Breaux
Karen Brewer
Dan Bright

James Briscoe
Janna Brower
Celeste Brown
Lori Brown
Sherry Brown



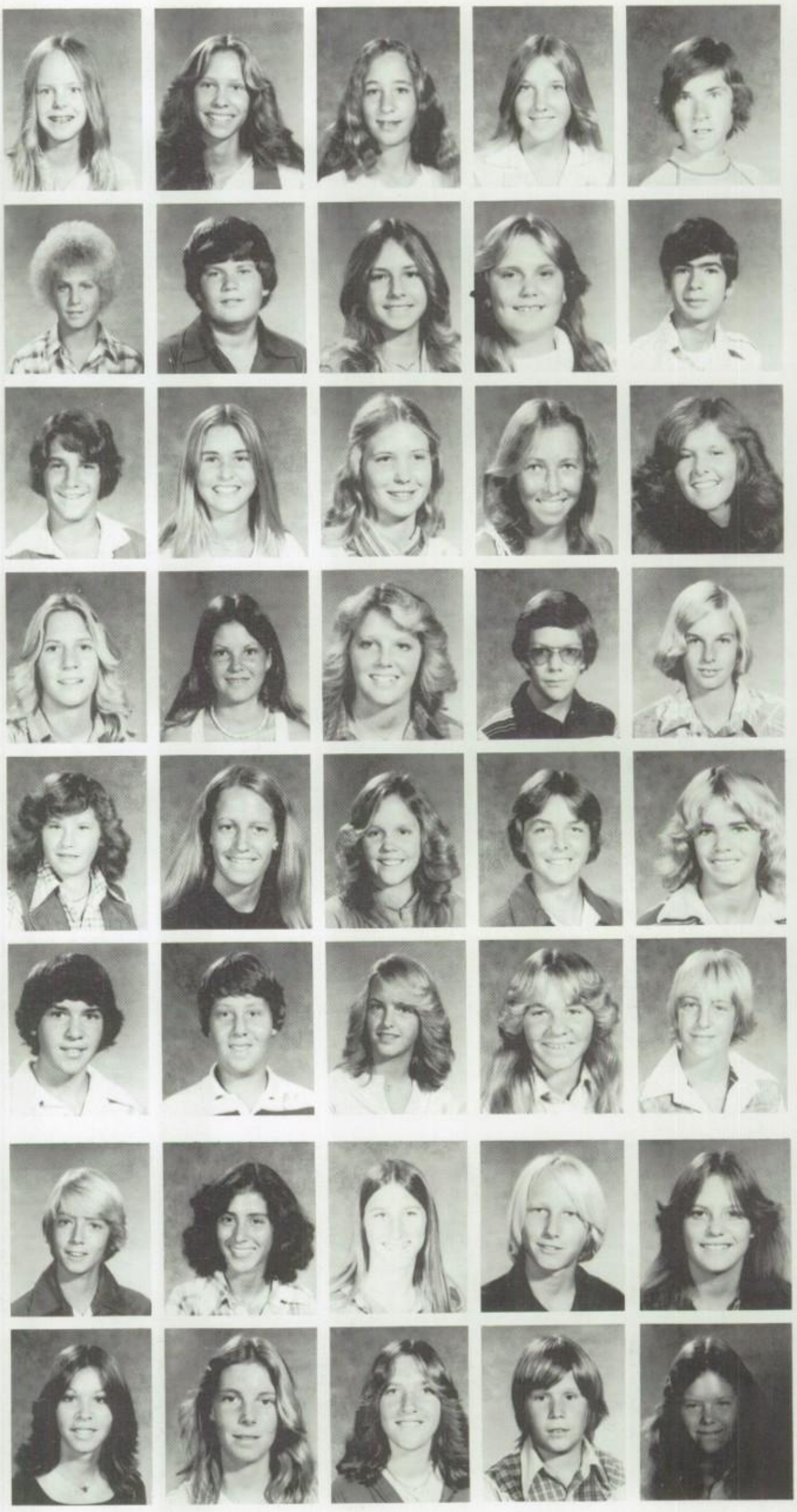
Wendy Browne
Julie Bryant
Lori Buckly
Eric Budai
John Burke

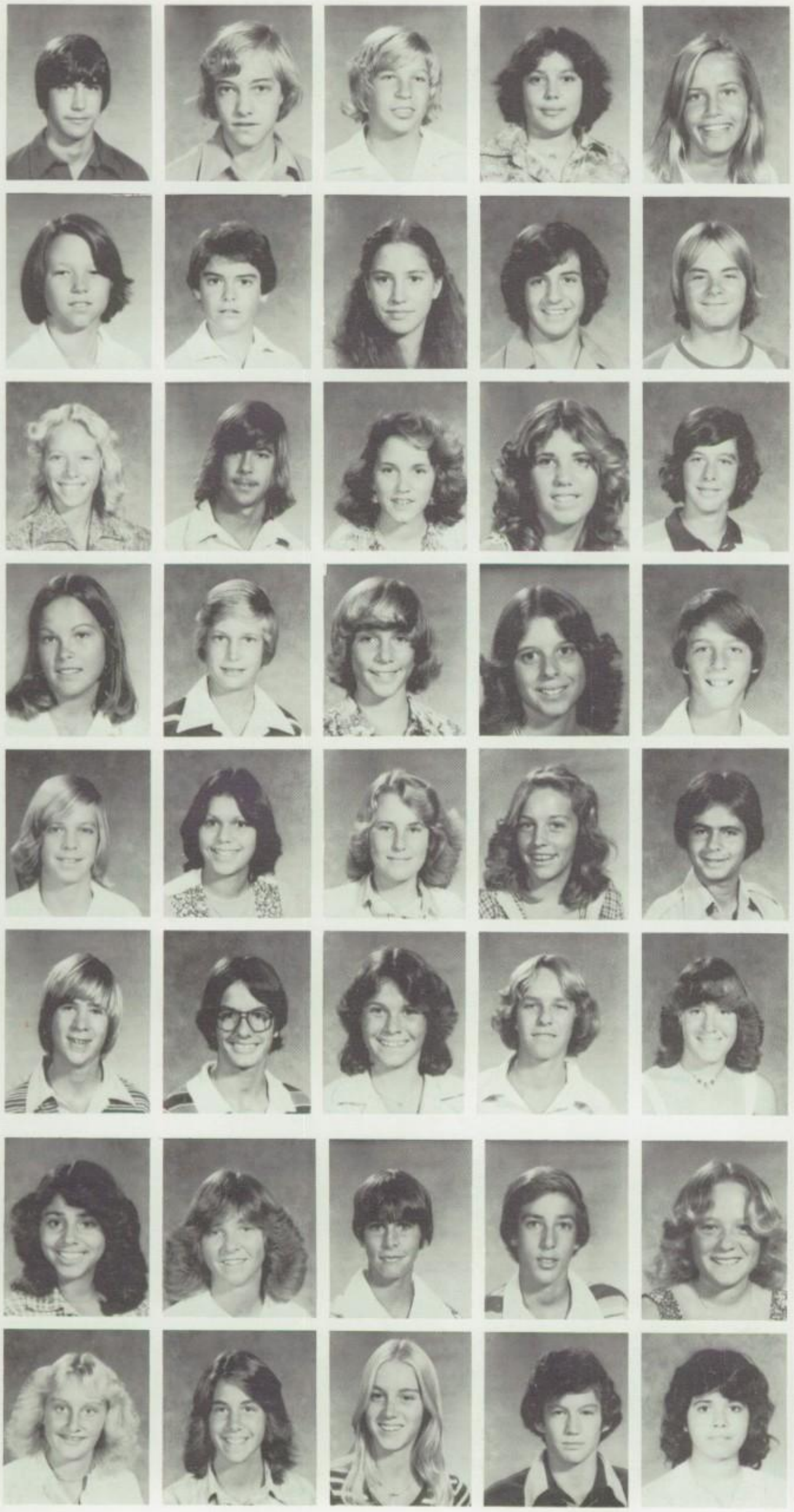
Tracy Butler
Kathy Butterfield
Leslie Buxton
Brian Callahan
Tim Calley

John Calvert
Joe Candora
Stephanie Carain
Carol Cast
Mark Castle

Todd Celestin
Alma Chade
Teresa Chambers
John Chandler
Kelly Charles

Trona Chastney
Kristen Cherry
Christy Chiletz
Randall Church
Shawna Cisowski





Scott Clark
John Claudi Magnusen
John Clawzel
Rani Collins
Kathy Conan

Vince Candra
Craig Connelly
Tracy Contreras
Mark Coogan
Bruce Cook

Marie Cook
Jeff Cortese
Cathy Cover
Tammy Cover
Gerald Cox

Sherri Cox
Edward Coyne
David Crandall
Janna Crane
Steve Crecion

Robert Crevier
Laura Cunningham
Carrie Currell
Debbie Dague
Tarek Dandan

Dean Daniel
Dan Dargan
Caprice David
Scott Davidson
Holly Day

Eileen Darartolo
Teri Debusk
Brent Deever
Kriss Delota
Gina Del Mastro

Nancy Denicola
Lisa Denish
Sepy Deuser
David DeZarn
Norma Diaz

Kathy Dickson
Ricky Dillon
Lisa Dobkins
Julie Douville
Tony Dove

Danny Driskill
Ricky Dunsmore
Robert Eastwood
Kareen Egol
Craig ElRod

Chris Erickson
Julie Evatt
Sheri Faanes
Brett Farnham
Michael Farr

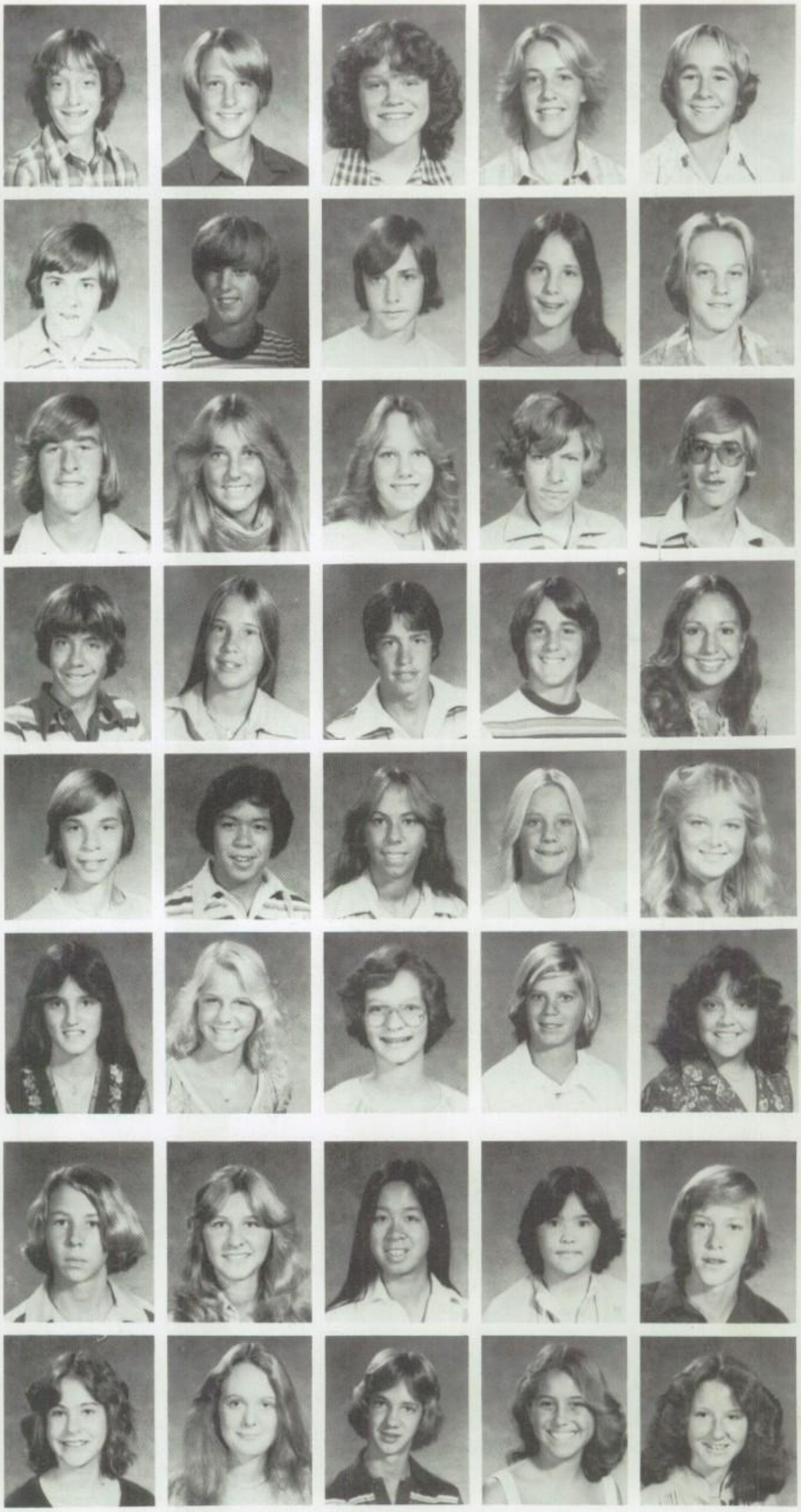
Eric Fauskin
Jean Fauskin
Ray Fawcett
Sam Finch
Denise Fisher

John Fisher
Yee Wah Fong
Kati Foreman
Carolyn Franklin
Chris Fratus

Jan Fredrickson
Daphne Friesen
Rachel Furell
Tracy Gabris
Reyna Garcia

Paul Gibbs
Gina Gits
Faith Gonzales
Tina Goya
Stace Graham

Caryn Graves
Colleen Green
Gary Gresovic
Teara Griffith
Vicky Grimes



Tim Griswold
Trish Grose
JoAnne Guise
Mitch Haeri
Kathy Hall

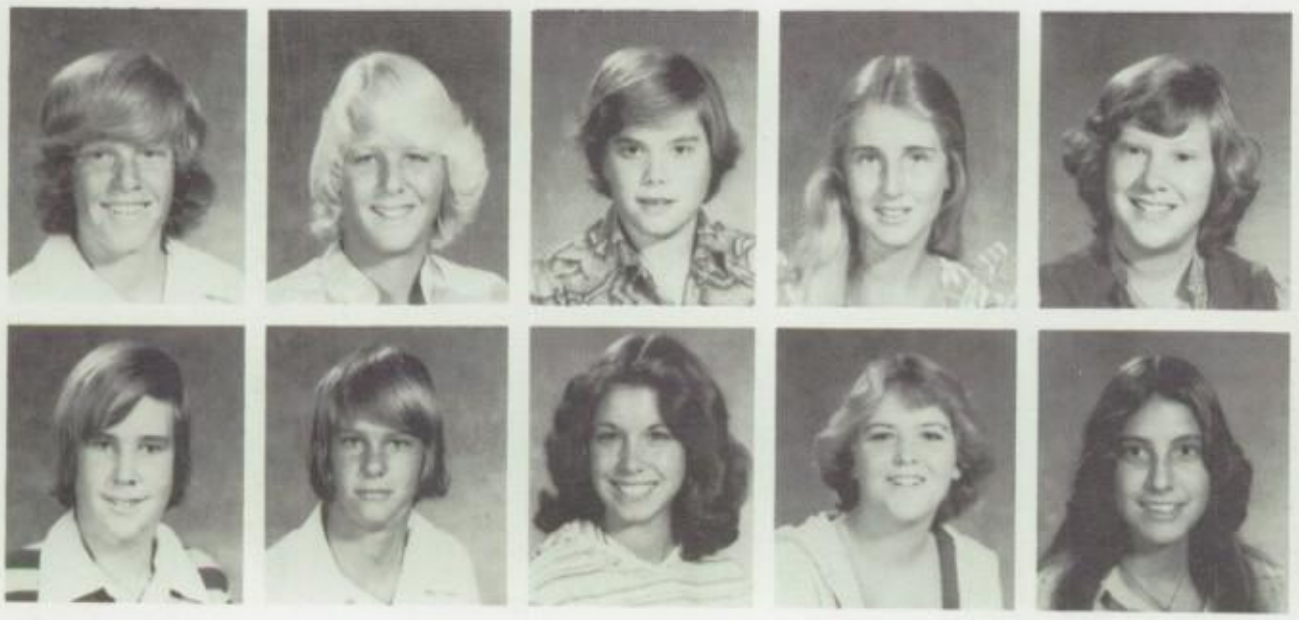
Kevin Hall
Susan Hammers
Anne Han kins
Laura Hansen
Steve Hammon

Kelly Harris
Reigh Harrison
Michele Hartline
Mitzi Haryung
Richard Hendrix

Dawn Henry
Jackie Hernandez
Mary Hewitt
Osborn Hilcrest
Lisa Hill

Peter Hinz
Jeff Hobson
Shaun Hoegee
Kelly Hope
Marci Horton

Pam Houseman
Paul Houston
Michele Hubert
Alex Huddeston
Billy Hudson



Jeff Hull
Karen Hungate
John Isch
Jennifer Jacobs
Alexic Jacovides

Frank Jakubka
Jeff Jarmaez
Shellie Jensen
Jodie Jones
Susan Jones

Alena Katsumata
John Kavanagh
Paruiz Kazem
Casey Kelley
April Kemper

Dan King
Heidi King
Tim Kingston
Tom Kirk
Tracy Kirk

Deana Klein
Jean Kless
Bryan Kobrin
Jamie Koch
Kathy Kossuth

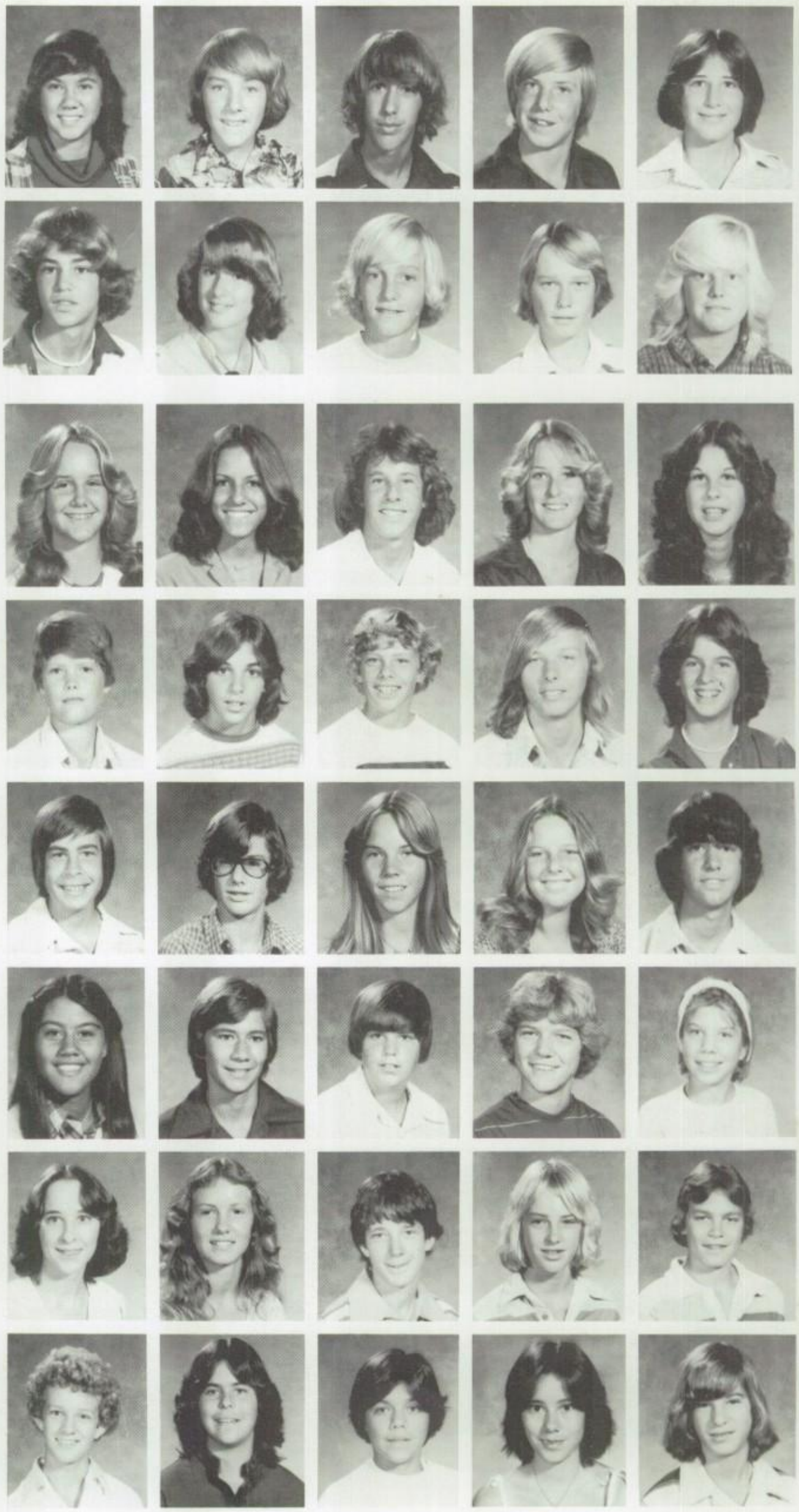
Chris Kreitz
Gino Lacava
Roger Lafaye
Jerry Laskowski
Tara Leonard

Steve Le Page
Terry Levatch
Sandy Lewiz
Lynnett Lippert
Paul Lockareff

Julie Lockart
Terry Lohrey
Tim Long
James Lowe
Kathy Lund

Frances Lunetta
Stephanie Luster
Troy McDonald
Rick Main
Jim Manley

Kelly Martin
Natalie Martin
Jose Martinez
Leticia Martinez
Eddie Marty



Debbie Mathiasen
Dominic Mauro
Phill Maxwell
Dolly Matos
Richard Mayne

Kathy McCall
Pat McConnell
Hugh McDonald
Mike McDonald
Sean McElhany

Ken McGovern
John McKay
Haney McKay
Ron McKeon
Leanna McKinnie

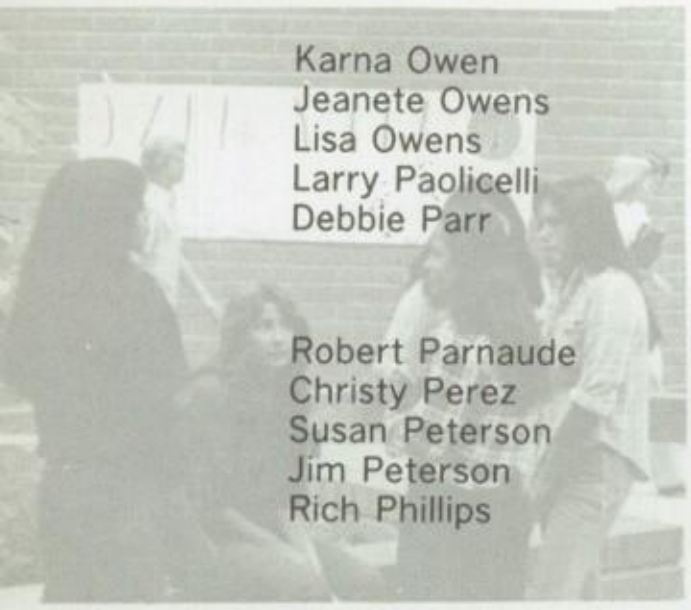
John McKinnon
Kenny McMinn
Javier Medina
Rick Mercier
Marieanne Middlesworth

Monica Minogue
Raylin Mix
Hoss Modjaver
Deidre Moore
Paul Mortenson

Carol Moyer
Scott Munroe
Jeff Myers
Dana Nance
Jennifer Neal

Brett Nelson
Chris Nelson
Jim Neville
Mike Neilson
Kathy Nordell

Lei Norman
Tim O'Hagen
Penny Orcutt
Adelina Osuna
Rich Overbein



Karna Owen
Jeanete Owens
Lisa Owens
Larry Paolicelli
Debbie Parr

Robert Parnaude
Christy Perez
Susan Peterson
Jim Peterson
Rich Phillips

Dawn Pliska
Ed Pohl
Mark Poirer
Kelly Pool
Debbie Price

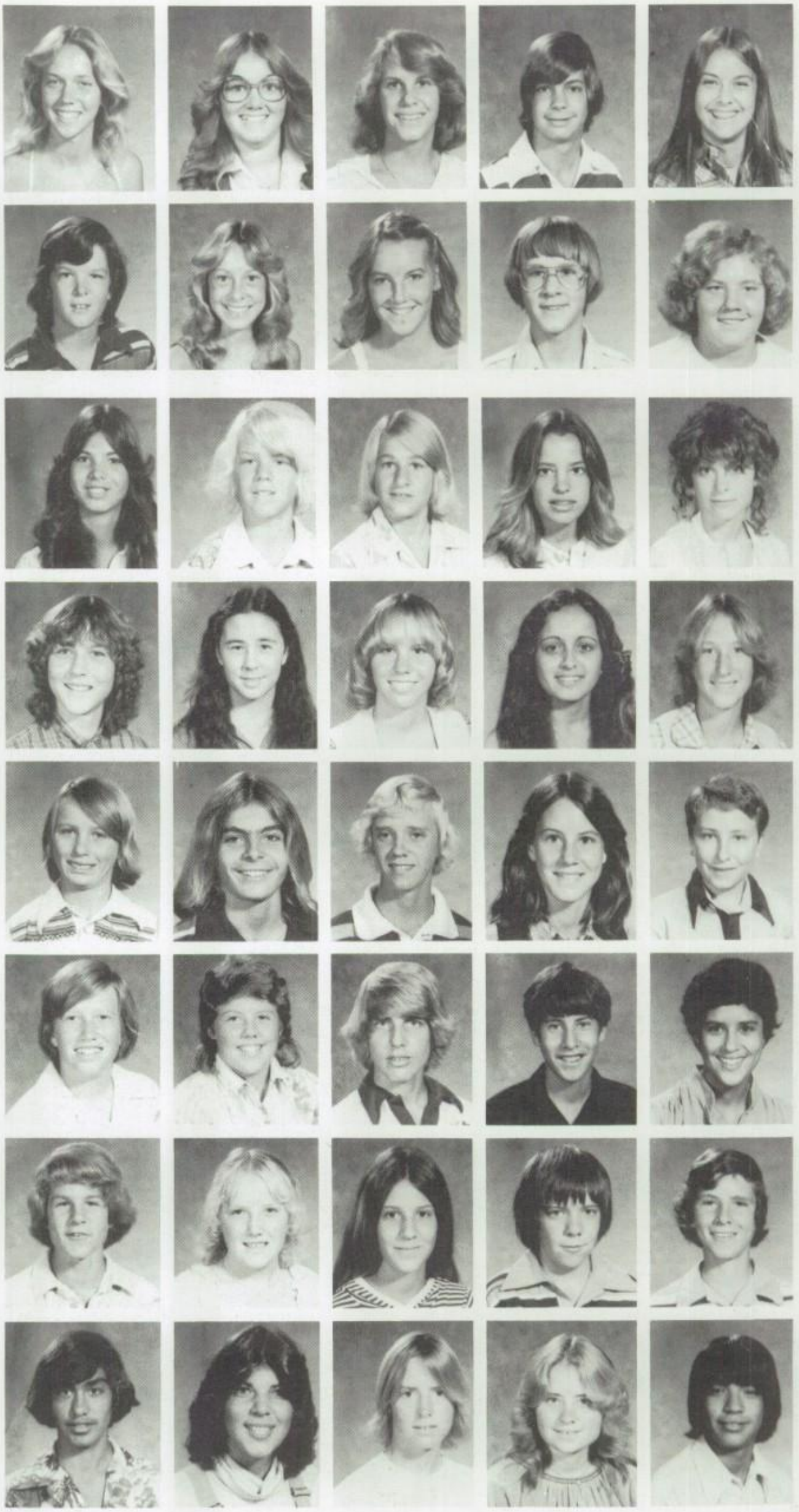
Tamera Rahn
Allison Ray
Connie Ray
Linda Reynolds
Anne Richardson

Karl Ring
Doug Risi
Thad Robbins
Ellen Roberts
John Robertson

Jim Rodman
Cheryl Roe
Mike Rolls
Chris Romero
Amy Rosales

George Rosenbaum
Sandie Rosenthal
Tessie Rousseau
Oan Ryan
Steve Sala

Felix Salas
Patti Salimbeni
Mark Salmon
Laura Samuelson
Andy Sanchez



Juanita Sandoval
Cathy Santisteven
Jeff Sawyer
Kim Sawyer
Heide Saxe

Gail Schneides
Jeff Schramer
Dawn Schuhmann
Angela Schuller
Jerry Scipidne

Robin Scirica
Linda Seward
Warren Sewell
Steve Shannon
Andy Sheppard

Tony Sheppard
Denise Shukis
Dawn Simpson
Cesareo Sims
Teri Sims

Ruth Sinclair
Jon Skare
Shannon Skiles
Deanna Smith
Diane Smith

Dorreen Smith
Dwayne Smith
Jaime Smith
Steve Smith
Mark Smits

Mona Snider
Juliana Sola
Denise Sotelo
Connie Souders
Bill Spincolla

Scott Spriet
Heide Sprunk
Jim Spry
Scott Stephens
Mary Stevenson

Gary Stone
Bob Stroud
Randy Stucky
Tracy Sugue
Shelly Sulivan

Mike Swaim
Gail Swanstrom
Nancy Tanner
Doug Thompson
Sheila Thompson

Karen Thorpe
Torrey Thurman
Jackie Tolliver
Jim Tougher
Jeff Truitt

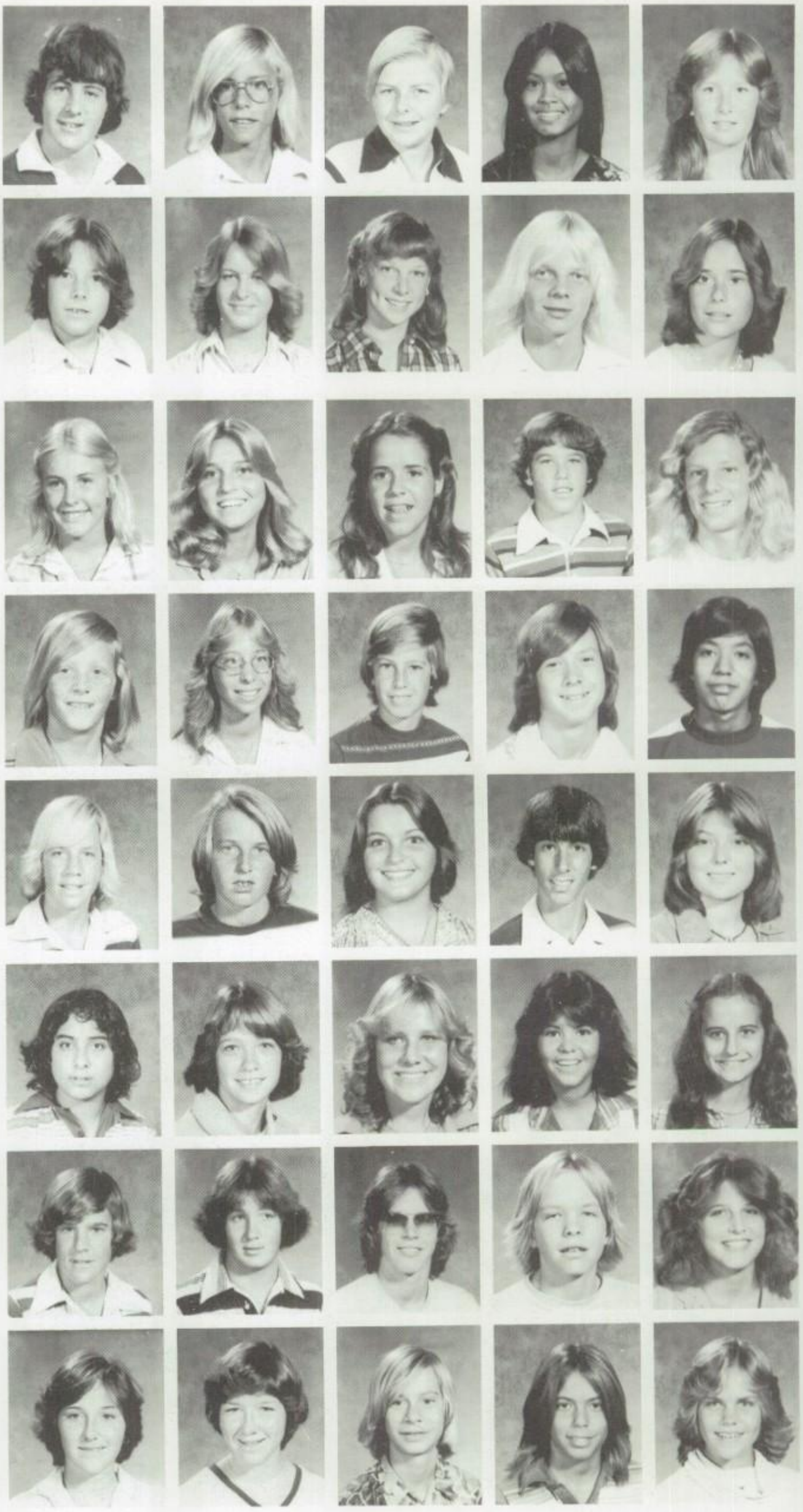
Rob Truitt
Carrie Trujillo
Robert Turbeville
Craig Turner
Jose Uribe

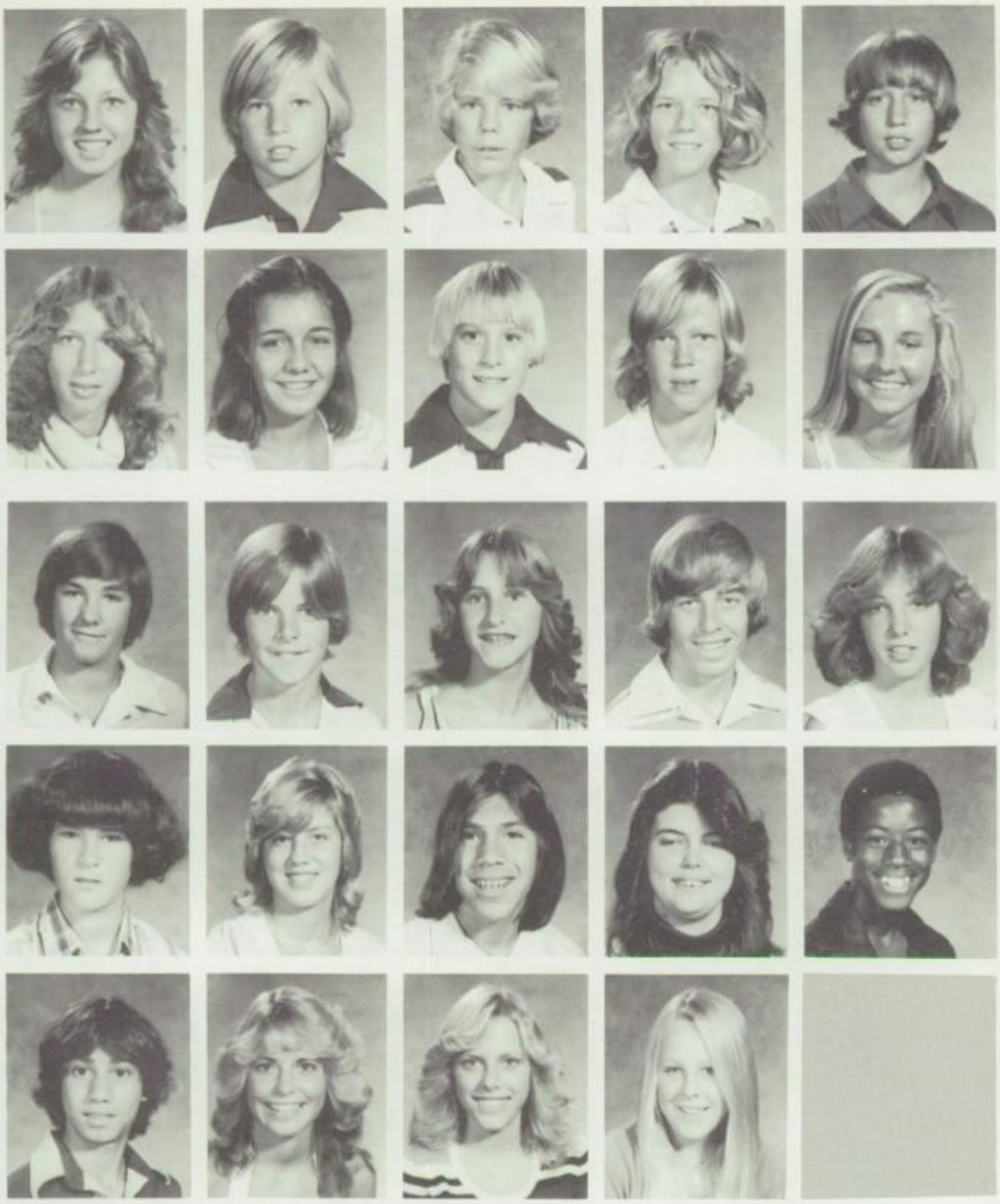
Darren Utterback
Kevin VanBuren
Terri Vanness
Mike Vargo
Tanya Velardes

Benji Vera
Jane Verhulst
Julia Vida
Peggy Vides
Veanne Virgin

Jeff Wakelin
Charles Wallace
Danny Walsh
Brad Wambien
Michele Ward

Kathy Warner
Patti Warner
Skip Webster
Brian Weinberg
Kim Wentworth





Diane Wenzel
Brian Westerfield
Martin White
Bobby White
Bill Wickersham

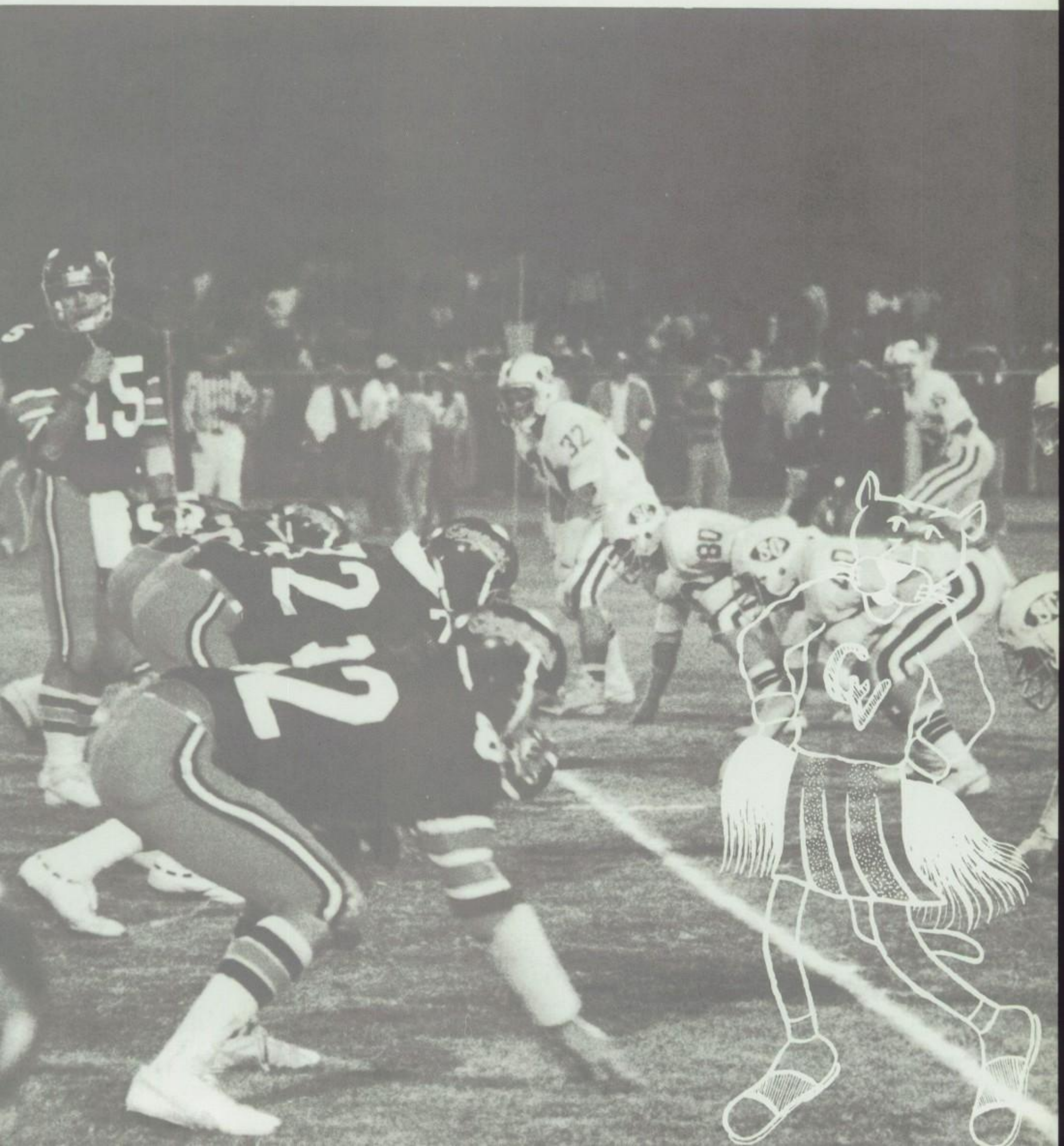
Sharron Wickersham
Krystal Wiedmeier
Scott Weinker
Mike Wilhelm
Kathy Williamsen

Mark Willougby
Marc Wisneski
Stacy Wojchechowski
Ron Wood
Kim Wright

Judy Wunderlich
Annette Wyngaurd
Reuben Yorba
Suzzette ost
Cornell Young

Moshen Zahedi
Jill Ziereis
Kristi Zimberg
Allyson Zlatnik

Activities



Spirited Var

sity Cheer

Our Varsity Cheerleaders, the voices behind the cougars, had a spirited year. Starting off with quite a successful competition at camp, the girls took many top awards. They placed fifth overall and were voted the hardest working group.

Another big competition was for "Miss Drill Team USA." Here they captured 6th place. Overall it's been a job well done by our spirited Varsity Cheer.

Lisa Marusich

Sheri Montgomery

Debbie Sedgwick

Lisa Ahlers

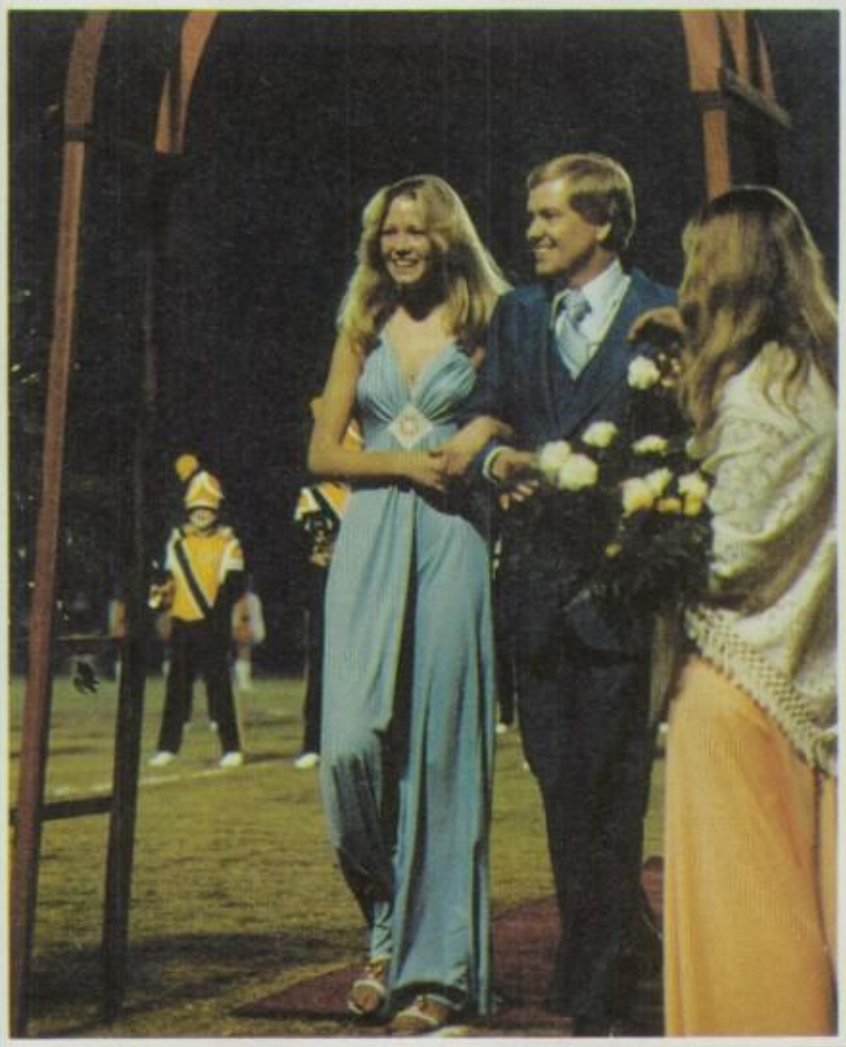
Heidi Wiedmeier

Kathleen Schaller

TOP L-R: Angela Rymer, Susan Bowling; MIDDLE: Ingrid Riedl, Denise Erickson; CENTER: Erin Regan; NOT SHOWN: Lori Cramer

Gloria Yu - Terri Ferrara - Michelle Hoffart - Maria Ryan - Colleen Hubble - Helen Rogers

Homecor



ning '78

Homecoming was a night of excitement, joy, and tears. Just being part of the court was enough, but to look up in the sky and see my name created a feeling I had never felt before. It's so hard to express my feelings, for I wish that everyone could have such an experience. Seeing my friends made me want to run up and hug them. I knew just how Rhonda felt last year, when she was crowned queen, and I felt the same way. I want to thank all of you for letting me feel this special way, and I hope that each of you will someday have this feeling, too.

Sheri Montgomery

Laurie Shook

Lori Cramer

Debbie Sedgwick

Stephanie Luster

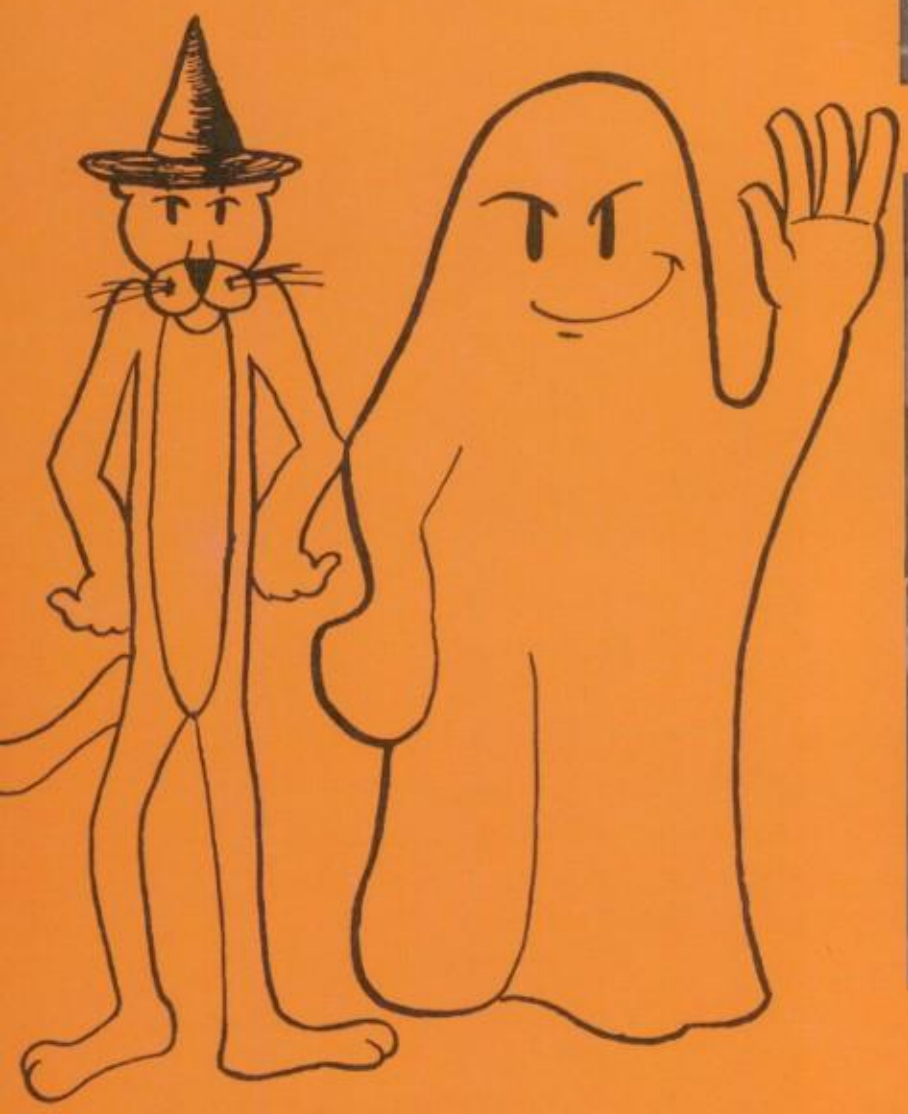
The excitement roared throughout the 1978 "Homecoming" game, which was played at Capo Valley's new stadium. The game was Nov. 17 at 7:30 p.m. It was played against rival Dana Hills.

In the first half of the game, Cougars made four touchdowns. The first touchdown was an interseption made by Fernando Sala's followed by Bruce Sims interseption. Robin Charles caught a three yard pass and a 75 yard pass from Quarterback Brad Parker for touchdown.

At halftime the queen, Miss Sheri Montgomery, and her court rode in some classic old cars which were loaned by many generous friends of Capo Valley.

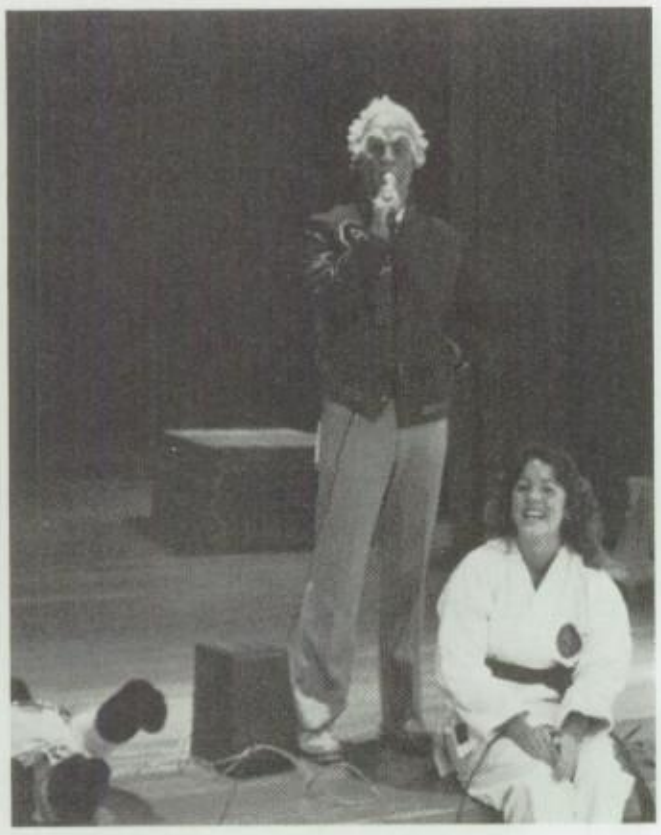
In the second half the cougars made two more touchdowns and the Dolphins also scored two touchdowns. The first touchdown by the cougars was by Sean Jenkins with an 8 yard run, followed by Josh Haryung's 5 yard run, The Dolphins touchdown were made by Steve Haythorne and another by Tom Champieux. This made the final score 42-14 a great victory by the Cougars.

HALLOWEEN



HAPPENINGS

HAPPENINGS



CONTINUED

The Cougars, young and old, got together this Holloween, to make the holiday happen at Capo Valley.

Besides having a whole barber shop quartet, a group of beach bums, and the rock group KISS, there was an assortment of babies, raggedy anns, and old ladies.

Bobby-etta Friedman showed off his sexy little legs while a dirty old tramp went limping around school-drooling on everyone. A couple of Pimps with their (uh-hum) business associates met the holy priests of Capo Valley.

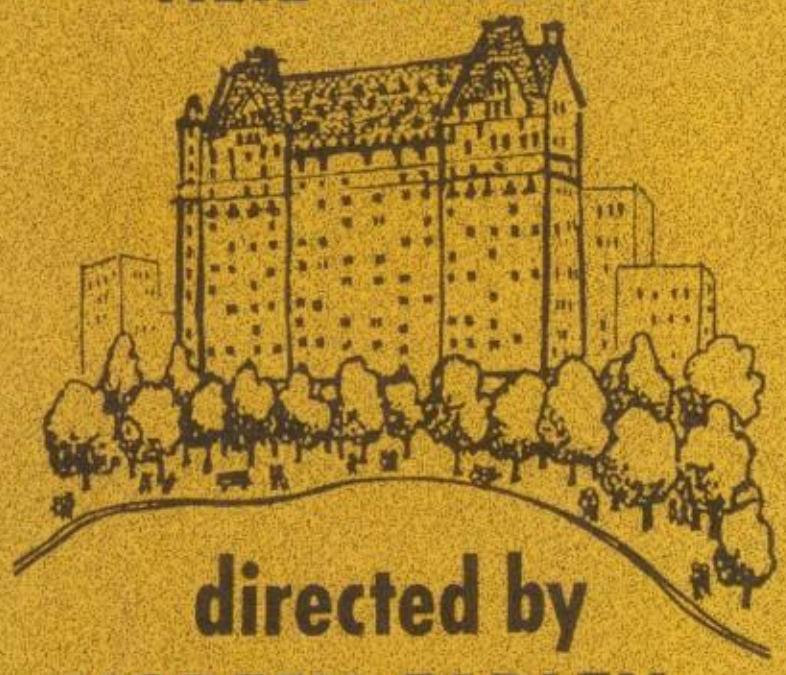
The day finally ended as a tired Robin Hood took a breather from robbing all the cougar characters.

CAPISTRANO VALLEY HIGH SCHOOL DRAMA DEPARTMENT

Presents

PLAZA SUITE

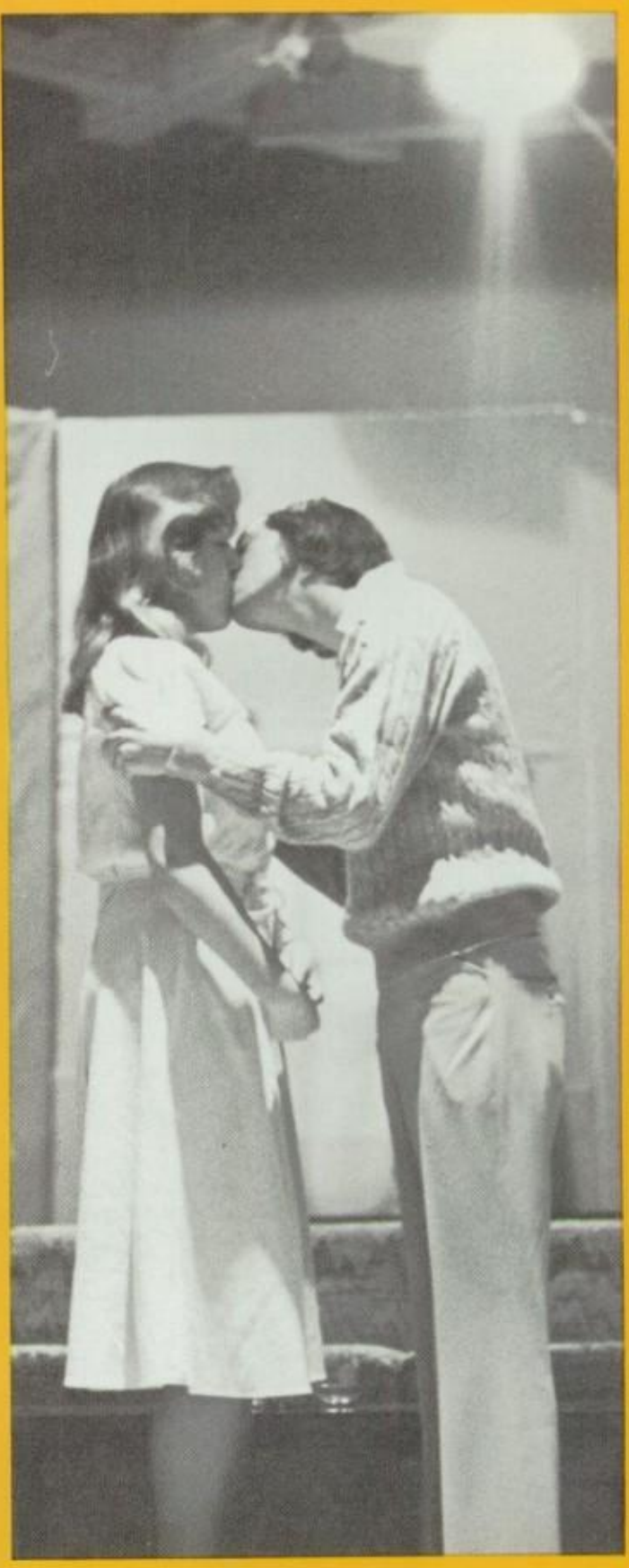
a comedy by NEIL SIMON

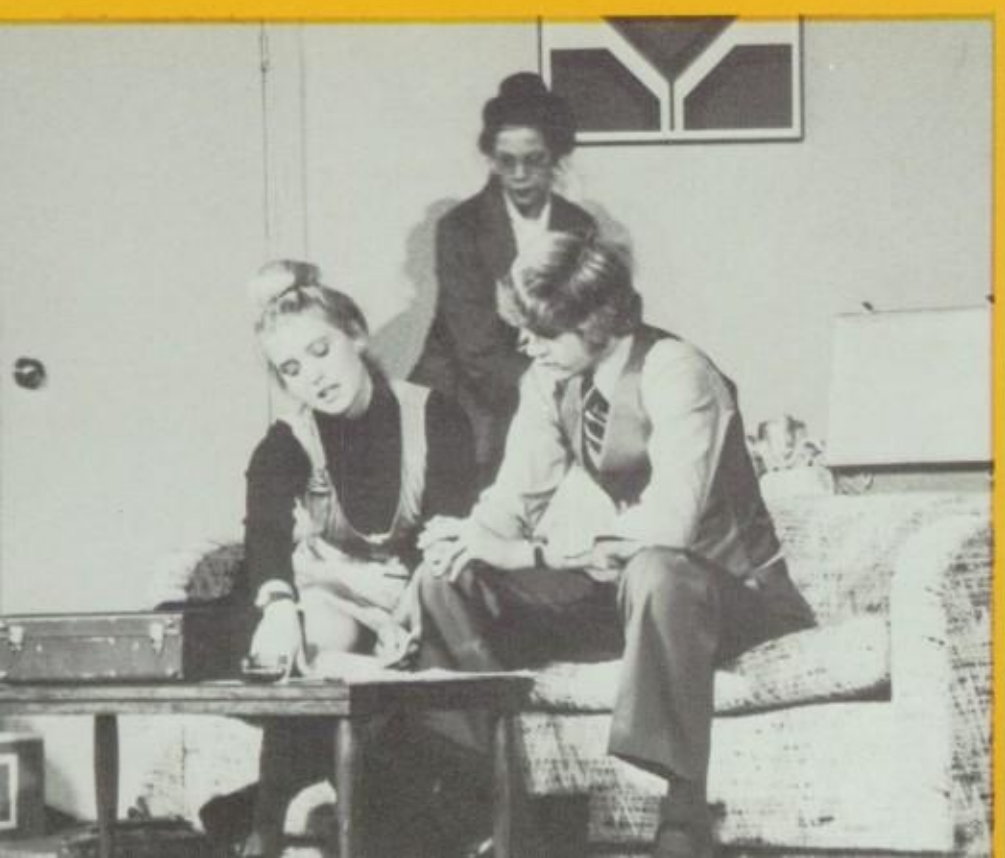


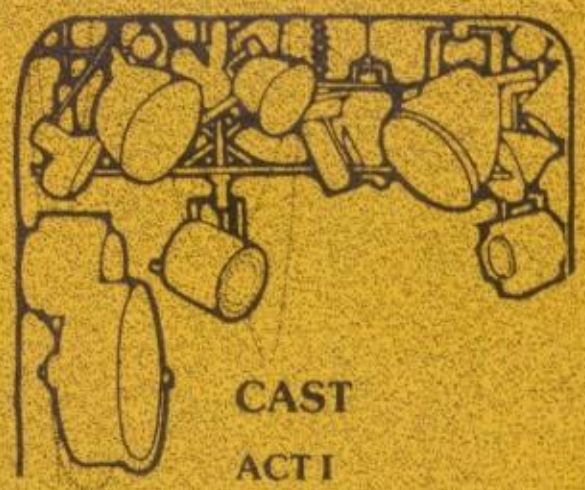
directed by NOREEN FARLEY

November 30 thru December 3, 1978

Plaza Suite, a terrific success was the drama department's first production of the year. A satire on the lives of young people, it gave our students a chance to display their talents. Composed of three stories, the play is set in the suite of a New York hotel. The first story starred Erin Krause and Larry Wilken as a married couple celebrating their anniversary in the same room as they honeymooned. The second story, with Rochelle Robinson and Paul Hughes, depicted the reunion of a Hollywood producer and his high school sweetheart. The last act dealt with a married couple trying to get their daughter to her wedding. The parents were played by Susan Soesbe and Tim Carmain. Francine Lunetta played the bride. The various situations proved to be challenging for the actors and quite enjoyable for the audience. All in all Plaza Suite was a "suite production"!







CAST

ACT I

Visitor From Mamaroneck

Karen Nash	**ERIN KRAUSE**
Sam Nash	**LARRY WILKEN**
Bellhop	**SAGE OSTERFELD**
Waiter	**ERICH ADAMS**
Jean McCormack	**CELESTE BROWN**

15 MINUTE INTERMISSION

ACT II

Visitor From Hollywood

Jesse Kiplinger	**PAUL HUGHES**
Muriel Tate	**ROCHELLE ROBINSON**
Waiter	**ERICH ADAMS**

5 MINUTE INTERMISSION

ACT III

Visitor From Forest Hills

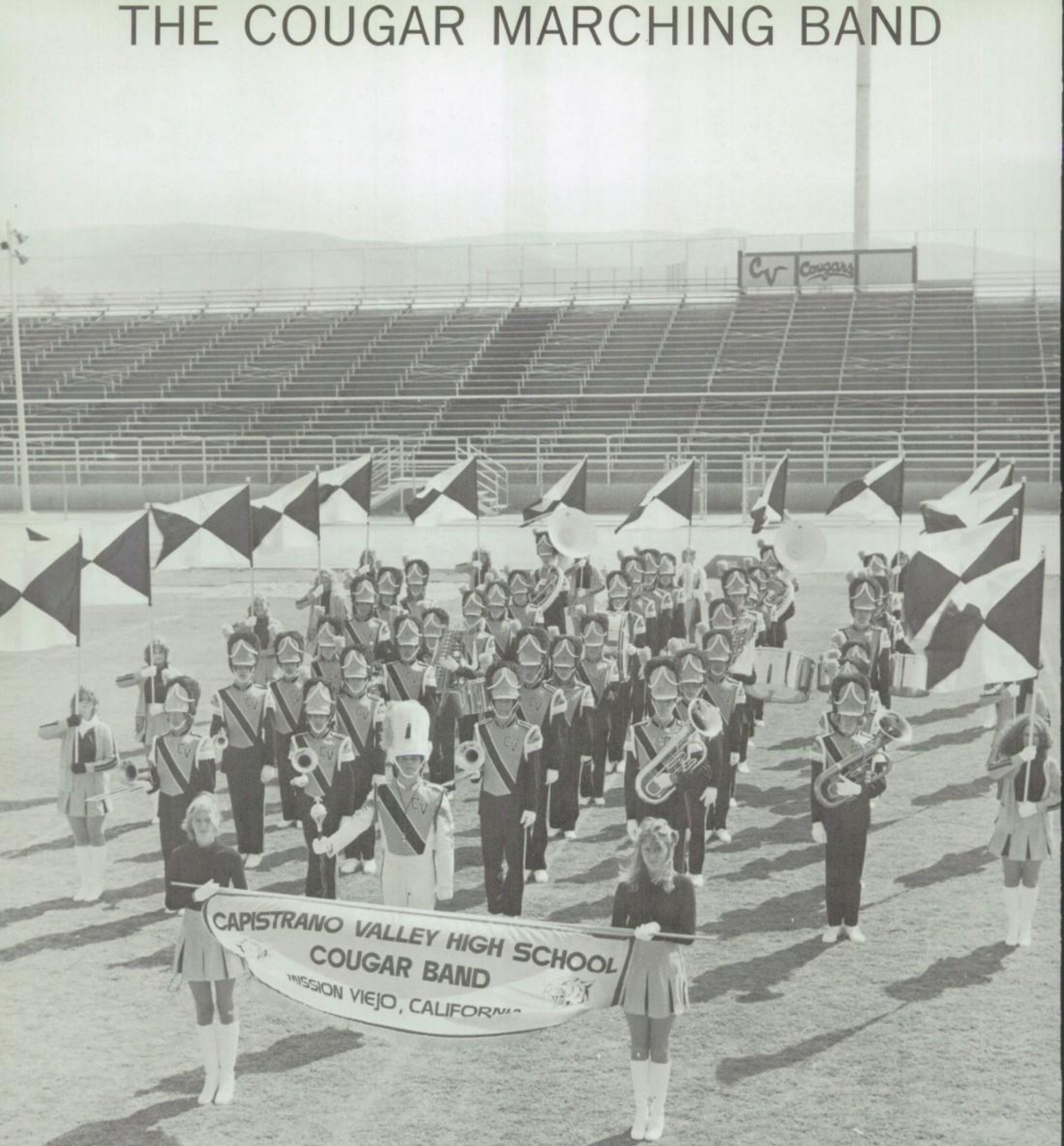
Norma Hubley	**SUSAN SOESBE**
Roy Hubley	**TIM CARMAIN**
Borden Eisler	**SAGE OSTERFELD**
Mimsey Hubley	**FRANCINE LUNETTA**

Director	**NOREEN FARLEY**
Stage Manager	**LISA MENDEZ**
Lighting	**MATT BOULWARE** **TIM INGE**
Sound	**MARK DRUMM**
Construction Coordinator	**DICK CHRISTENSEN**
Construction Crew	**MATT BOULWARE** **TIM INGE** **JOHN CAMPBELL** **and THE CAST**
Tickets	**DARLENE SALTZ**
Refreshments	**KATIE STAMP**
Costume	**GAY VEEH**

Special Acknowledgments

Mr. Wayne Hall of the Registry Hotel
Mr. Bob Perry
Theatre Arts Booster Club
Saddleback Valley Community Theatre

THE COUGAR MARCHING BAND



Greg Akins, Susan Bishup, Joslgnne Balasdel, Kathi Bohlmann, Mathew Boulware, Paul Bucknum, William Charini, Randel Cook, Carrie Cuvvell, Kevin Deeley, Brent Deever, Kriss Dellota, Kathren Dickson, Renee Donley, Jeffrey Dunn, Eric Fauskin, Jean Fauskin, Carl Forsman, Nancy Fox, Rachel Furrell, Reynold Furrell, Jim Ginther, Loreli Isky, Michael McDonald, John McKinnon, Elizabeth Moberly, Thomas Mulder, June Newhouser, Jeanete Owens, James Peterson, Ed Pohl, Al Ramirez, David Rhee, Gilbert Romo, Steven Runels, Steven Sala, Cindy Smith, Sue Stratton, Craig Stoleman, Kimberly Wright, Annette Wynguard, and Tom Tucker

ORCHESTRA

SYMPHONY

Kevin Deely, Jeff Dunn, Kareen Egol, Mathew Evans, Nancy Fox, Reynold Furrell, Harry Hutchenson, Linda Ivers, Elizabeth Moberly, Al Rameriz, Robin Richlin, Jason Smith, Sue Stratton.

CONCERT BAND

Rene Batz, Susan Bishop, Joslynne Balsdel, Mathew Boujware, William Charini, Randal Cook, Debra Copeman, Carrie Currell, Kevin Deeley, Brent Deever, Kris Dellota, John Dickson, Kathryn Dickson, Renee Donley, Jeff Dunn, Teri Elloitt, Julie Ellis, Ewe Faoskin, Jean Fauskin, Carl Forsman, Rachel Furrell, Renold Furrell, Lias Gamble, Jim Ginther, Julie Graun, Aya Imai, Collen Mc Earthy, Michael Mc Donald, John Mc Kinnon, Elizabeth Moberly, Tom Mulder, Jane Newhouser, Jaenete Owens, Susan Owens, Paul Pitsker, Ed Pohl, Al Ramirez, David Ree, Debbie Riis, Gilbert Ramos, Steven Runels, Steven Salad, Cameron Sereeton, Cindy Smith, Sue Stratton, Craig Stutzman, Kimberly Wright, Annette Wyngerrd, Loreli Isky, Tom Tucker.

A CAPELLA CHOIR

Top row: Rhonda Holms, Kim Aiken, Lori Buckley, Michele Ward, Stacey Swift, Karen Thrope, Kathy Hall, Cathy Bradford. Middle row: Jennifer Robbins, Robin Batz, Amy Rosales, Julie Lockhart, Kippy David, Krystal Weidimier. Bottom row: Deana Klien, April Sherman, Tracy Butler, Diedre Moore, Kelly Pool, Corinna Beck.

Top Row-Dawn Campbell, Debbie Sedgewick, Mary Sutherland, Jon Fisher, Rick Condra, Bill Holand, Scott Jones, Matt Campbell, Chris Kreitz, Jim Bethke, Jeff Miller, Gina Elchuck, Kelly Buckley, Andrea Beck, Lisa Ahlers, Karen French, Sharon French. 2nd Row-Magali Dudzinski, Jolleen Kritz, Terri Burden, Jenny Young, Kim Monk, Barry Cook, Richard Chade, Don Campbell, Matt Birtle, Nadine Nicholes, Cathy Cole, Celeste Poussard, Michelle Moore, Anne McKenna, Besty Pierce. 3rd Row-Rari Dudzinski, Jaeleen Bertolinn, Becky Rhoads, Molly Sweet, Tammy Weber, Mark Steinwender, Lynne Boucher, Jane Jamison, Lisa Gamble, Tina Marchello, Loreli Isky, Cathy Wooldridge, Cher Lee, Diane Henderson, Sarah Mandell, Bottom-Dawn Patterson, Elaine Romero, Carol Kim, Kristen Kiefer, Cheri Nixion, Janice Parker, Tracy Kemper, Julie Lunetta.

CAMERATA CHOIR

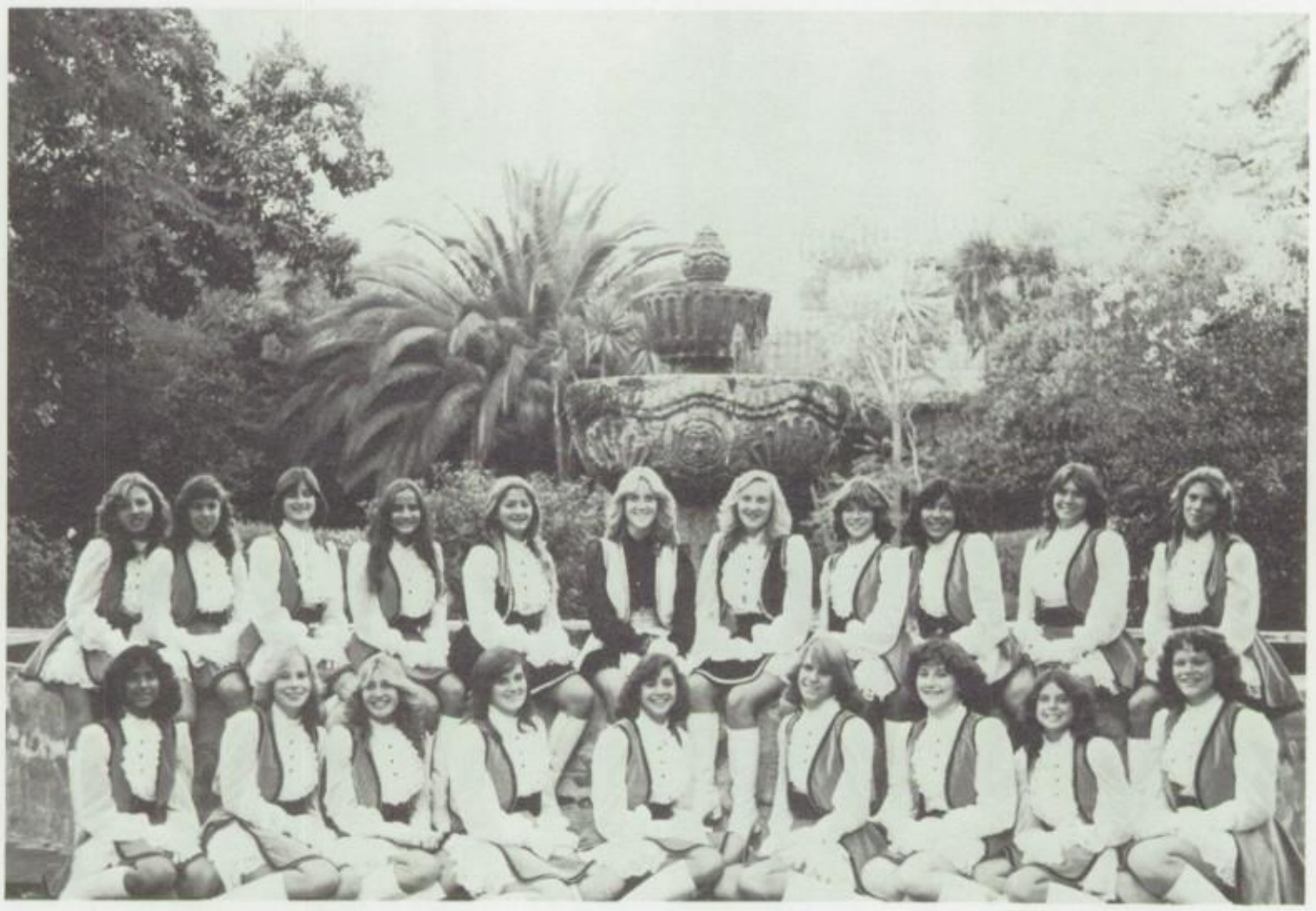
Top row: Chris Schaller, Mark Drumm, Luc Larochelle Middle row: Steve Wagner, Susan Soesbe, Lori Griffith, Cathy Wooldrige, Tracy Kemper, Julie Lunetta, Heidi Wiedmeier, Cherly Arneson Bottom row: Tammy Bics, Don Campbell, Mike Rameriz Not Pictured are: Aaron Martin, Julie Findon

FLAG TEAM SWIRLS THEIR WAY TO SUCCESS!!

Back Row-Left to Right: Sheri Nixion, Kim Newhart, Julie Grant, Penny Gullett, Aya Imai, Debbie Riis, Debbie Copeman, Renee Bata. Front Row-Left to Right: Diane Druckery, Terri Elliot, Co Captain-Laura Steinwender, Captain-Lisa Gamble, Co Captain-Sue Owens, Dana Crail, Stacey Briggs, Julie Ellis.

TRUE SPIRIT

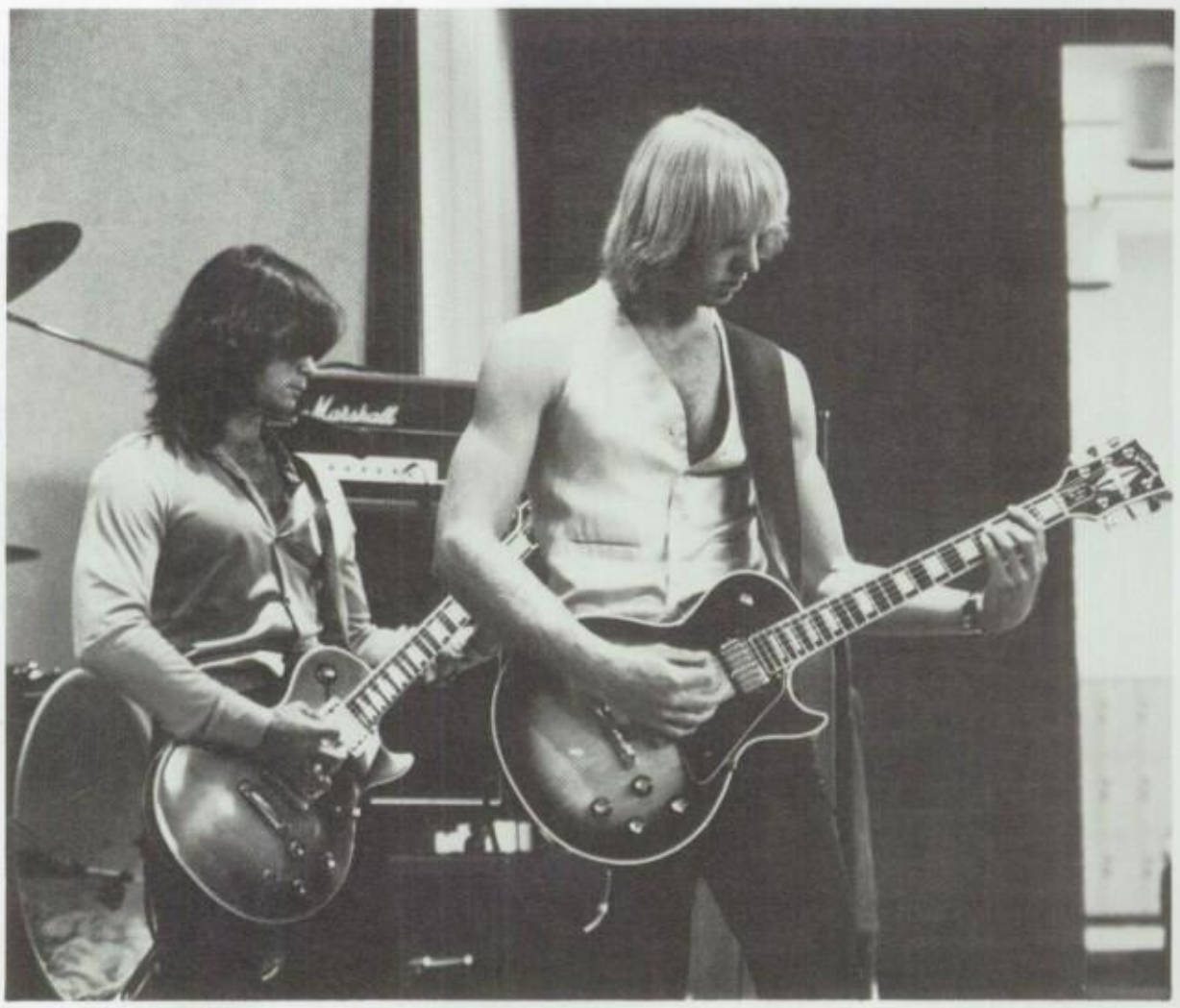
The drill and flag teams worked very hard on practicing routines this year. Both teams did an outstanding job at performing for us during half times at football games and pep rallies. We are proud to have a great group of girls representing our student-body. Thanks girls!



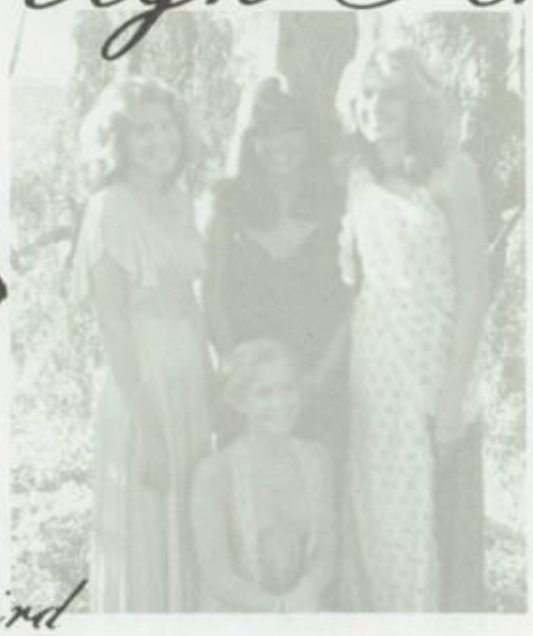
Back Row, Left to Right: Diane Wenzel, Shellie Jensen, Katy McCall, VeAnne Virgin-Co Captain, Caroline Savas-Co-Captain, Peggy Day-Captain, Karyn Geske, Jane Verhulst, Evelia Aguilar, Kippy David, Kim Akin. Front Row, Left to Right: Martha Aguilar, Michele Labadie, Lisa Owens, Kathy Warner, Janna Crane, Lisa Dobkins.

NOONTIME ACTIVITIES

This year at Capo Valley there were many special activities that were presented to the students. One that almost everyone liked were the bands that came and performed for us during lunch. The band "Joshua" was well liked.



Capistrano Valley High School



Cordially invites you to

Attend this years

Theme: Free Bird

Christmas Formal

to be held at

Lion Country Safari

Saturday, December 16

Nineteen hundred and seventy-eight

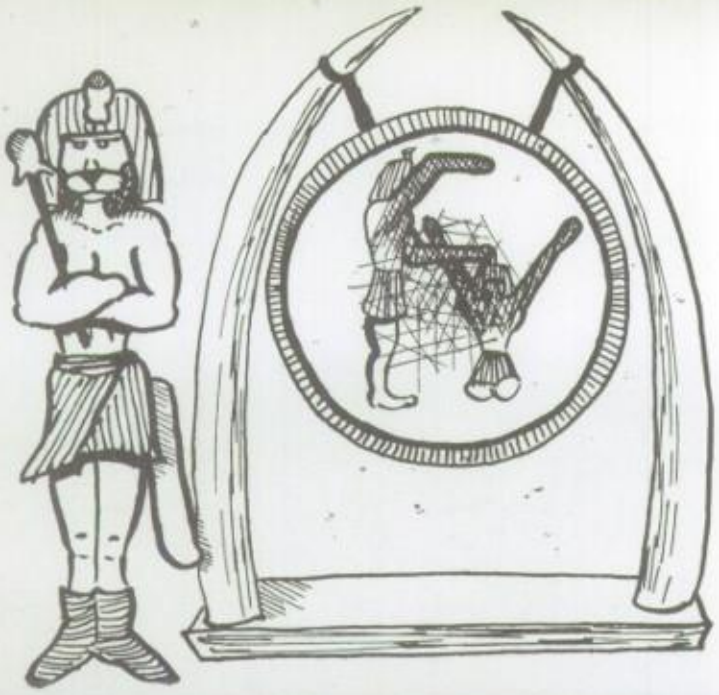
Dancing with "Higher Ground"

8:00 - 12:00

VALENTINE'S DANCE

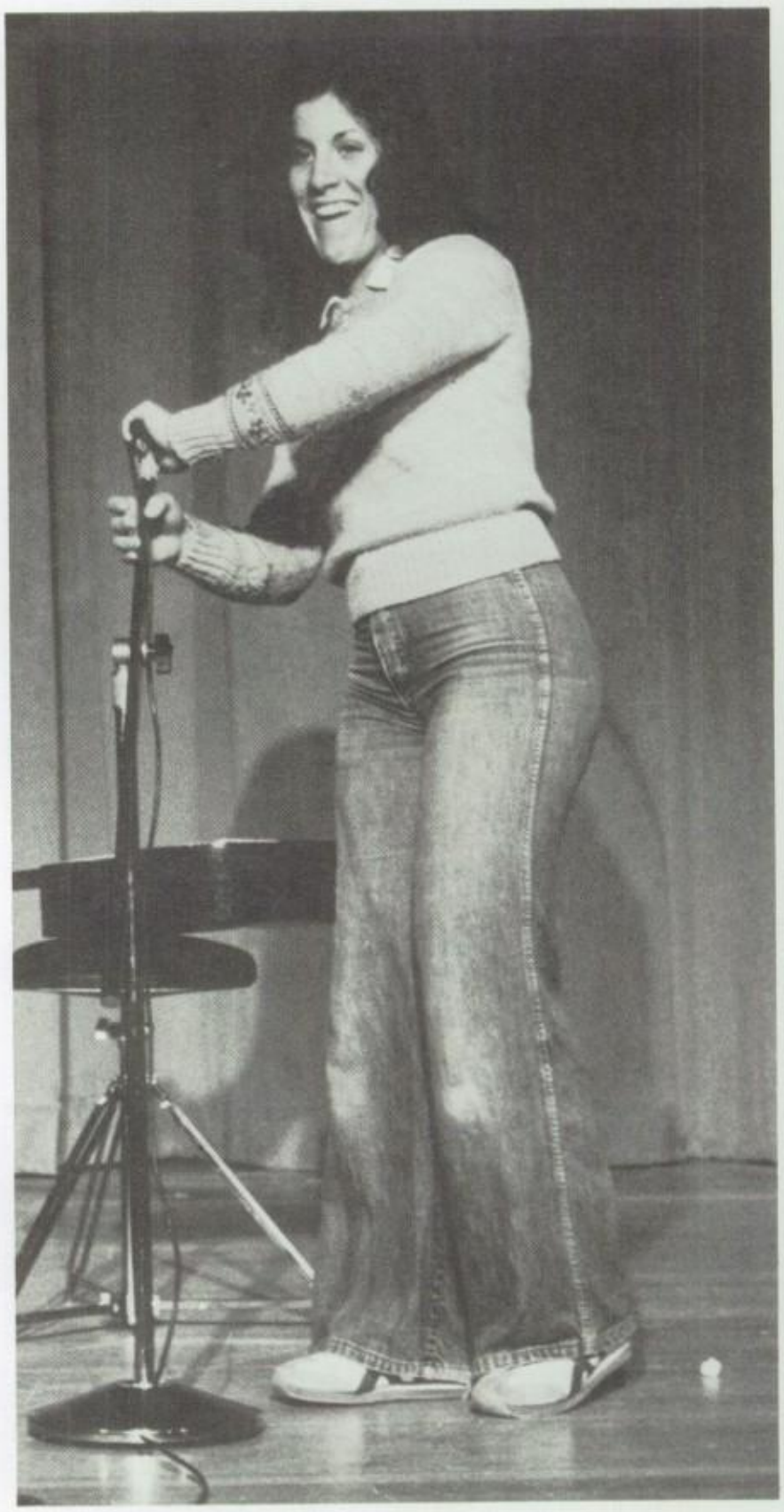
This year at Capistrano Valley, couples were getting into an old romantic mood once again, as Valentines Day occured!

People showed their affection or friendship by sending secret flowergrams, which were delivered on the 14th. The following Saturday night, students rocked out to the group, "Right". To make the dance authentic the mall was decorated with the traditional, red and pink hearts and cupids.



GONG

The Gong Show had a few problems Friday night. The sound system shorting out kept Brent Andrews (who was Chuck Barris) from hosting the show properly. The audience was no better - trash was thrown at the bad acts. One act received coins on the stage and soon was gonged after. There was disorganization between the acts also, Rosanne Rosanadana even came up to the stage which was covered with trash, and tried to persuade the audience to change their conduct. The whole show was satisfactory. Lori Griffith received first for her singing, Mark White and John Deleva received second place for the Abbott and Costello routine they performed Gina Elchuck and Sonya came in third for their duet.



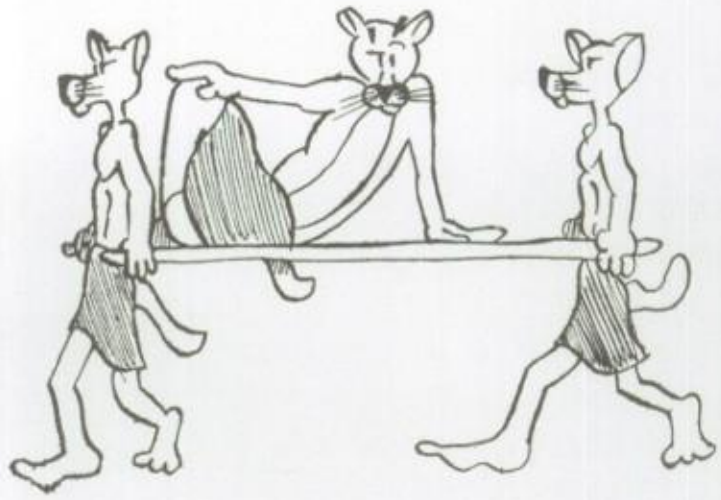
1st place winner- Lori Griffith

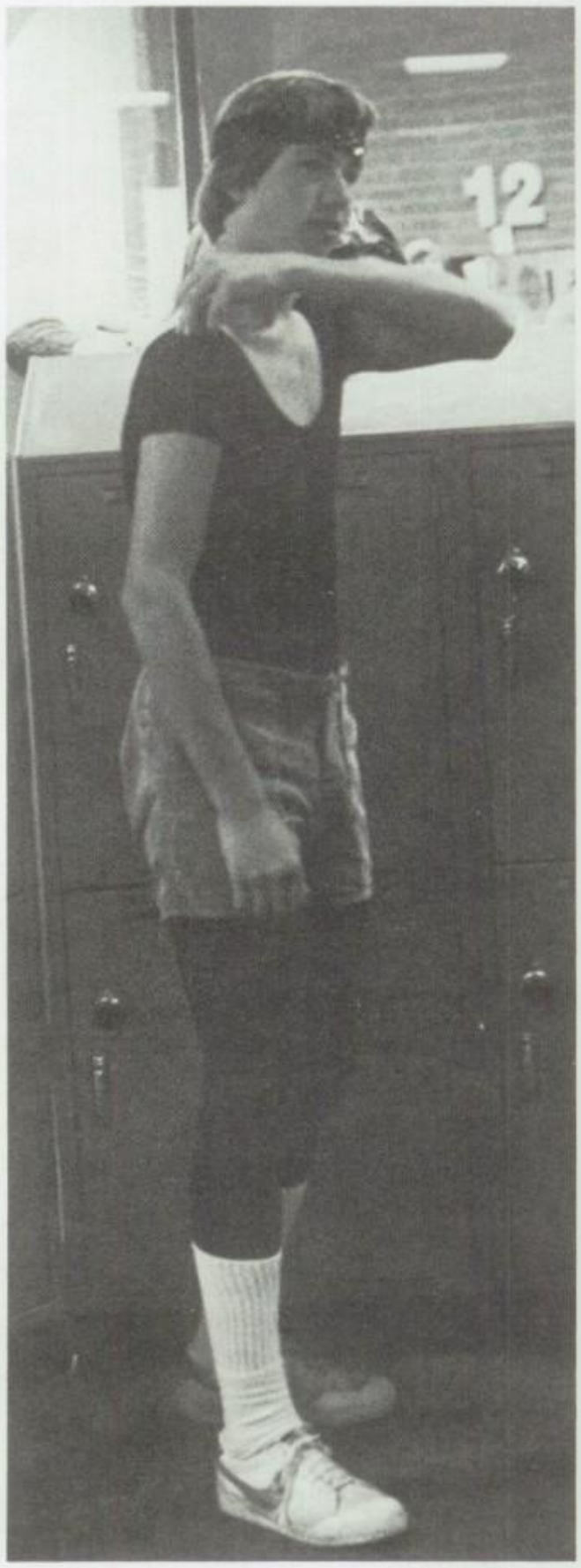
SHOW

2nd place winners- Mark White and John Deleva.

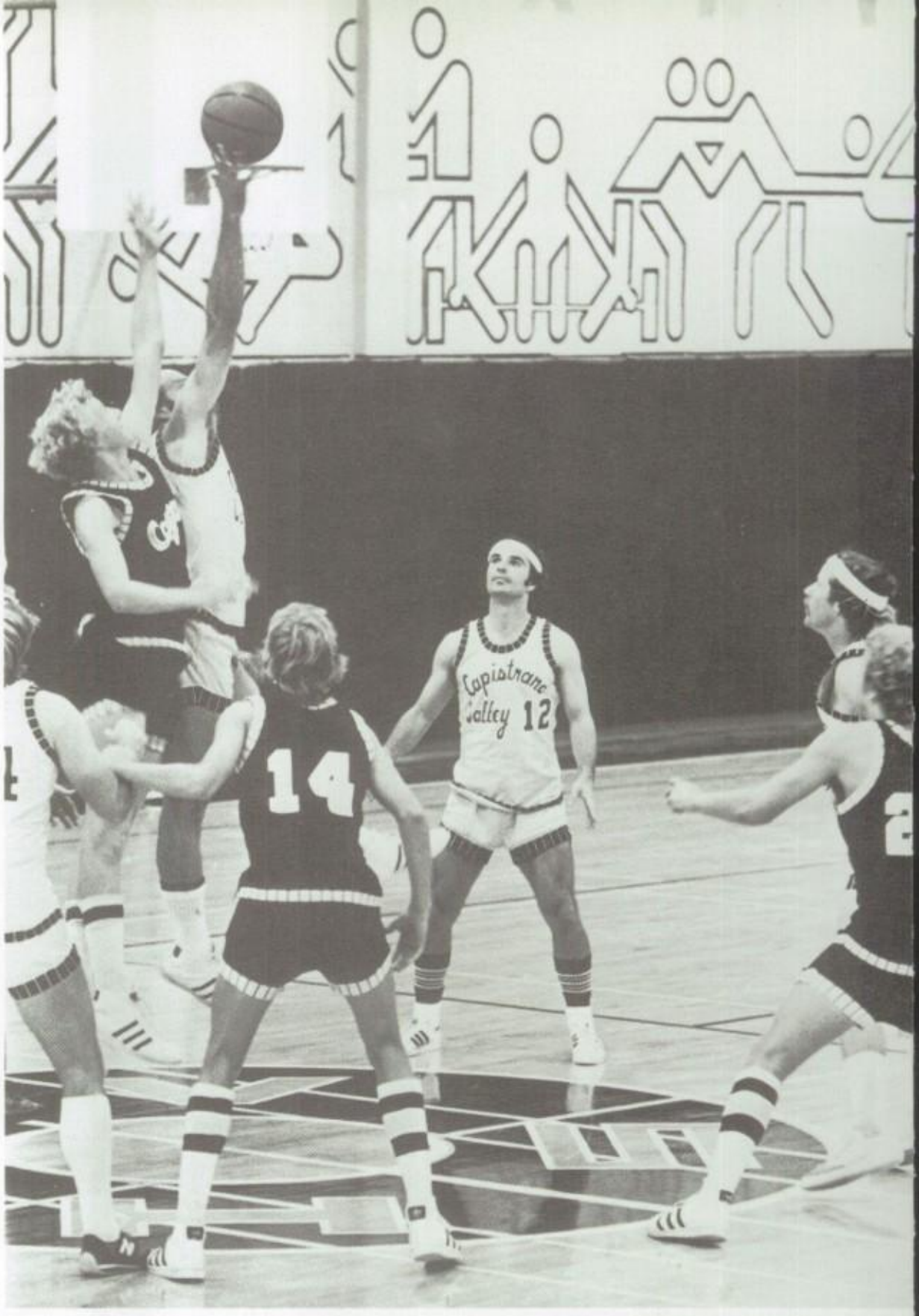
3rd place winners- Gina Elchuck and Sonya

SLAVE DAY



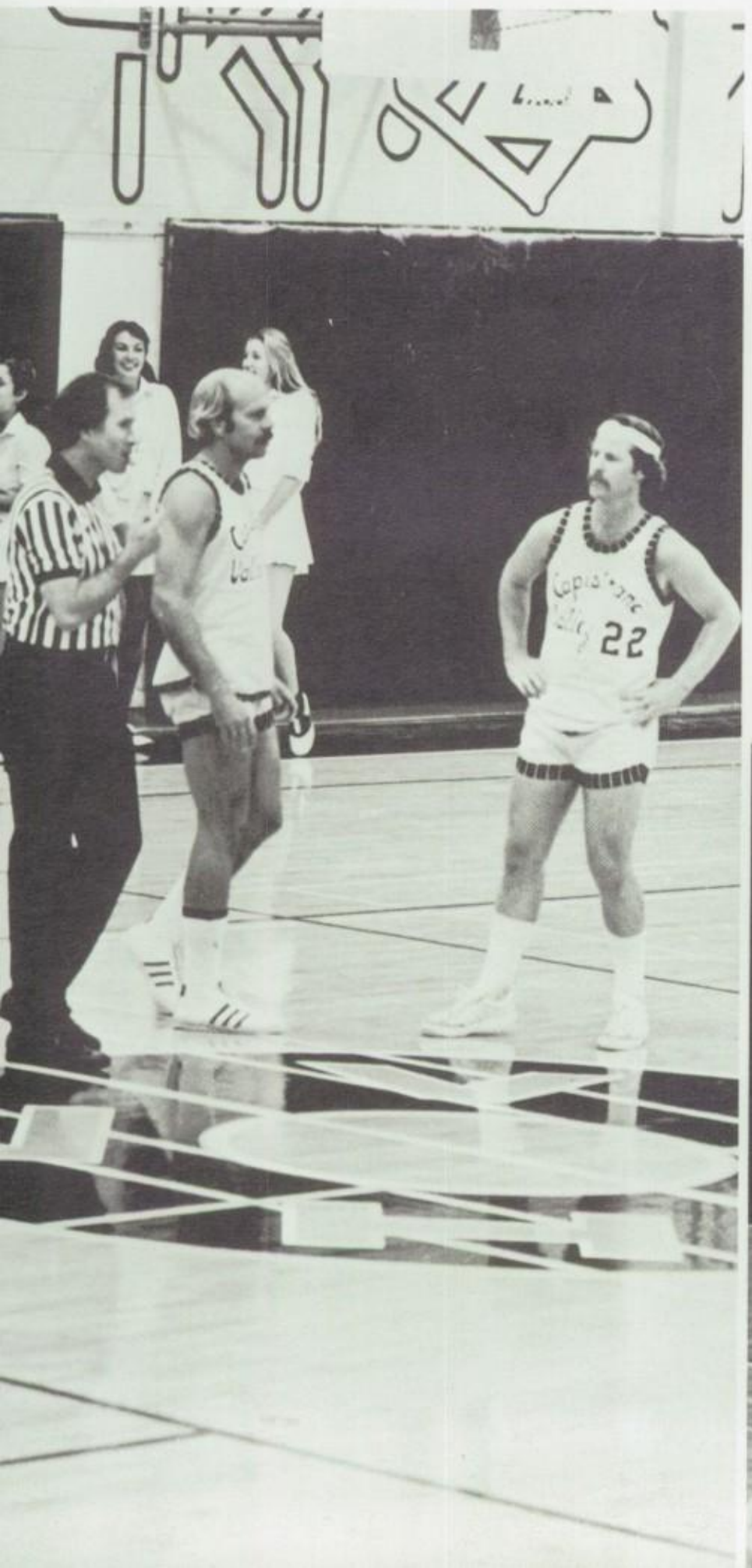


Slave Day went fairly well. The highlight being $155.00 for Debbie Sedgewick and Teri Ferrara. On Friday, slaves did things such as - singing the **Star Spangled Banner** on a table in the mall, carring their master around on a stretcher, selling kisses carrying their master piggy-back, and feeding their master grapes.


Capistrano
Valley
12
14

40
44
42
12

STUDENTS BOUNCE OVER FACULTY



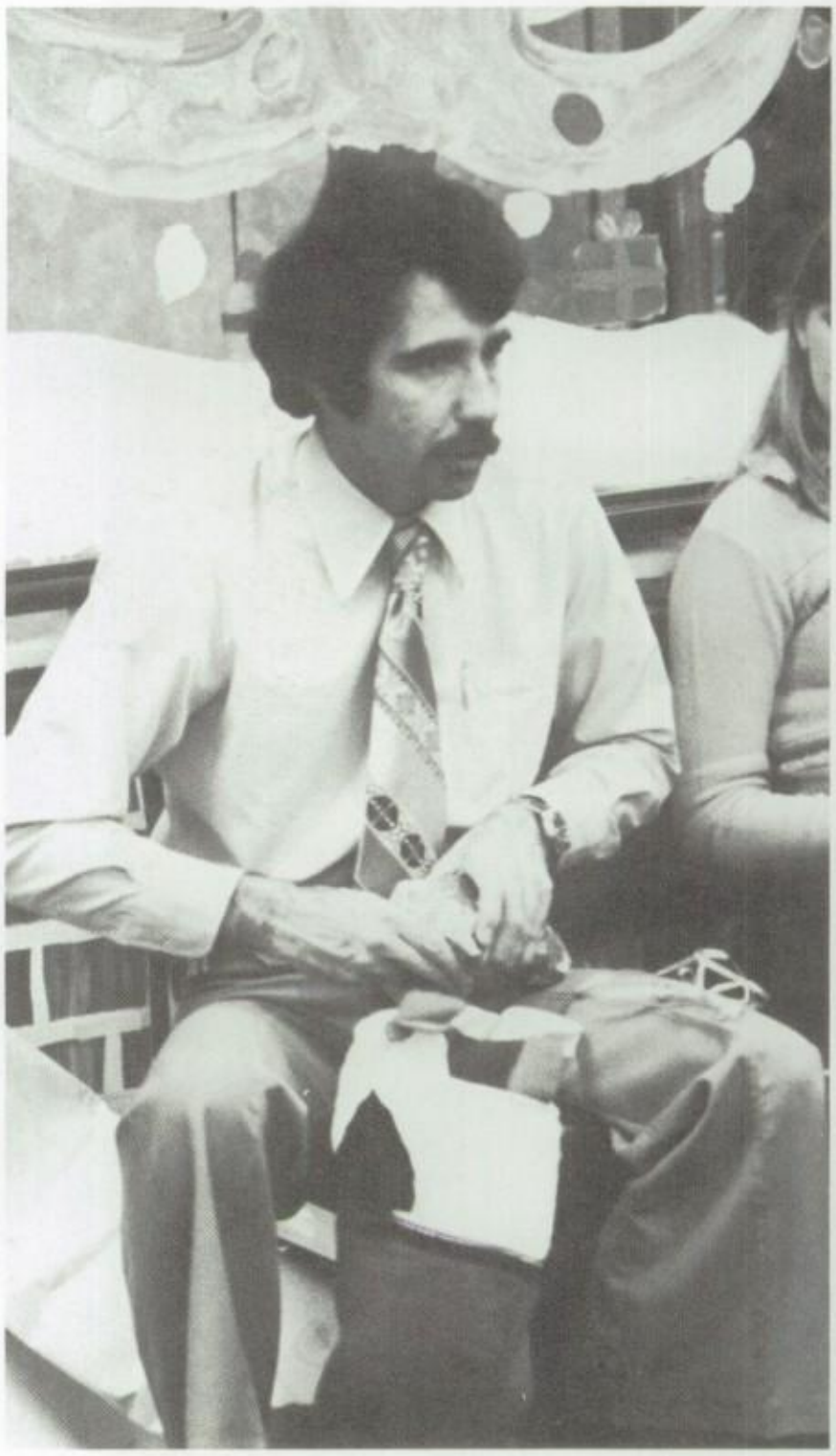
The student-faculty basketball game was a thrill seeker in it self. The game was pretty close, but in the end the well organized team of students pulled it out and won by 10 close points.

Bill Strikland scored 22 points for the students, 14 of those points in the second half. The final score was students 81 and the faculty 71.

For the faculty it was a terrible defeat. Mr. Mohit states that, "It was a very close game all the way through and that both teams displayed their great talent for the game! /He also feels that these kind of activities of student-faculty are good for school spirit, and gives the faculty a chance to show their spirit also.

Good luck next year faculty!

ALL HAIL TO ALMA MATER
GLORY THAT WE SING
ALL HAIL COUGAR COLORS
LONG MAY PRAISES RING
AND WHERE WESTERN SKIES MERGE
WITH THE WESTERN SEAS
OUR HIGH SCHOOL STANDS
PROUD IN MAJESTY,
WAVE THE BLACK AND GOLD
ALL HAIL, ALL HAIL TO THEE.



LEADERSHIP

LEADERSHIP

LEADERSHIP

Back row L-R Mary Hewitt, Marv Glusac, Julie Dobkins, Mike Lawrence, Colleen Huble, Amy Pitsker, John Dickson, Chris Schaller, Rochelle Robinson, Julie Ryan, Chris Reismueller, Front row L-R Stacey Clark, Stephanie Madory, Christie Willich, Pete Lawrence, Julie Wilson, Kathleen Schaller.

Every 2nd period, while we were all attending class, or vegetating during your free period, the leadership class was busy thinking up something new to keep the year going. Homecoming, Activities, the Christmas Formal, and the Jr. and Sr. Prom are just a few of the many memerable activities the class planned for us to share.

The students who took the class found it very rewarding. Responsibility, leadership, and decision-making are some of the few things the students feel they gained through the Leadership class.

For a second-year school, the class feels that they have done very well in comparison to the other schools. There is always improvement made in classes, but in this class, not much.

I'LL HELP YOU LEARN TO DRIVE!

Sophomores

Pres. Stephanie Modory—

"I enjoyed being sophomore president, because I like to get involved."

V. Pres. Lynn McDonald-

"It was a great year for the sophomore, we had a lot of fun."

Sec. Patti Rutt—

"It was fun getting involved with the class of "81. I really enjoyed it."

Treas. Debbie Strano-

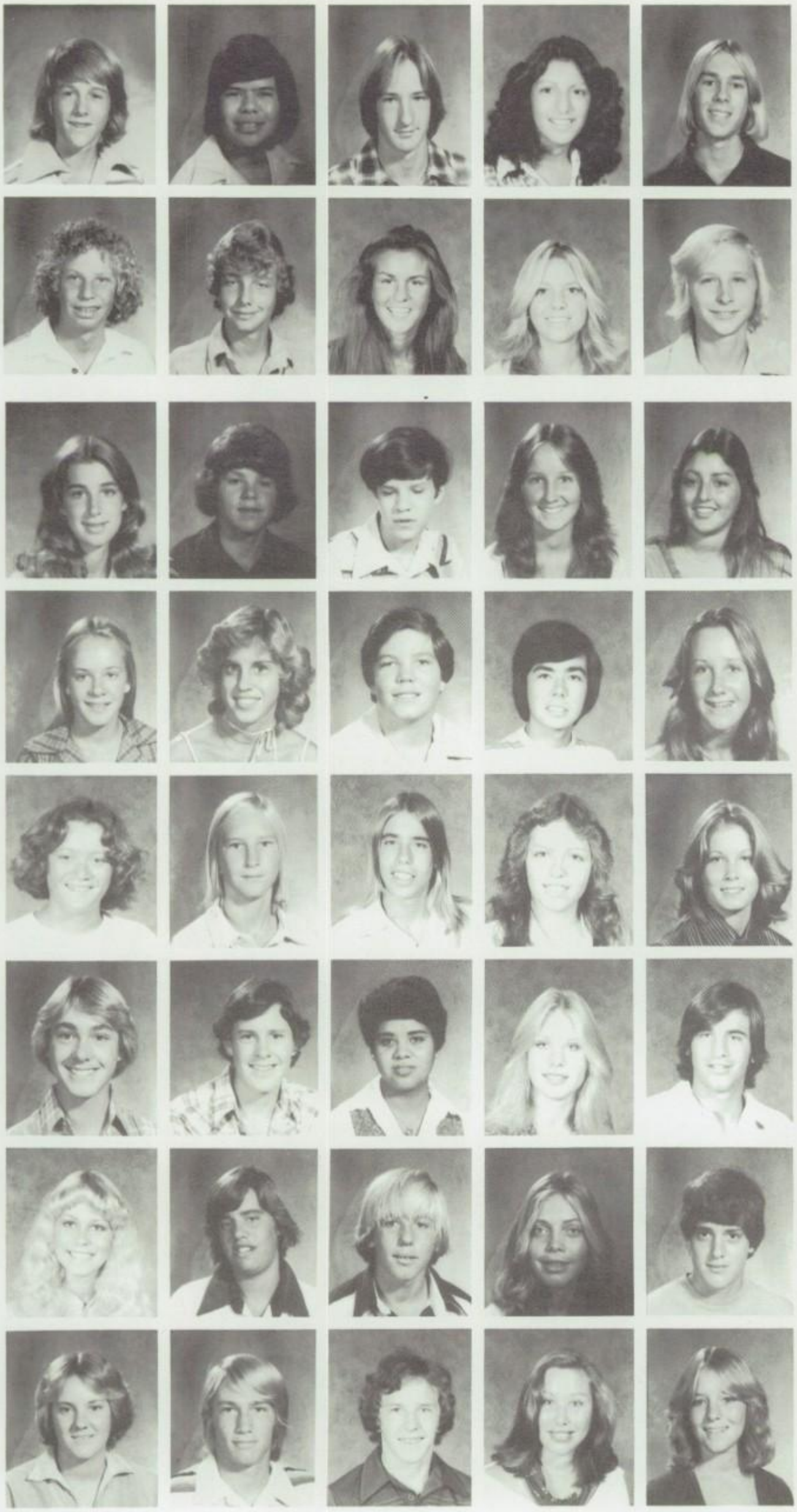
"I'm glad I was able to help out the sophomore class, and the school."

Rep. Hilary Massey-

"This year was really super, I had a lot of fun. I hope next year will be just as great."

Rep. Cathy Girard-

"I really enjoyed the experience of being representative for our great class of "81."



Cordell Adams
Tim Aguinaga
Greg Atkins
Cindy Albanez
Dirk Aldrige

Paul Amoy
Scott Anderson
Chris Anderton
Michele Americh
Earl Arenson

Kathy Ashcraft
Greg Ashwill
Mark Avery
Yvonne Avis
Suzanne Azar

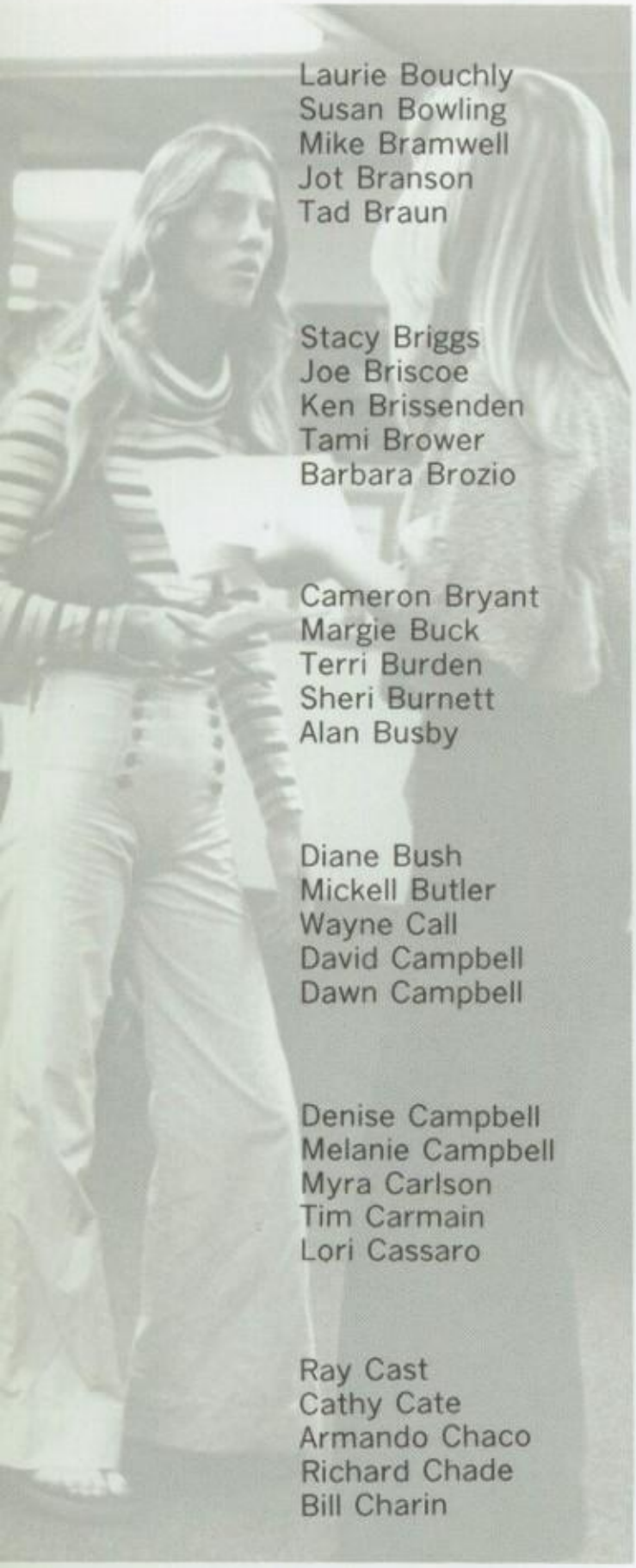
Jerri Baker
Kathy Baker
Talmadge Baker
Andy Ban
Loretta Banks

Dominis Bartolini
Terry Bas
Steve Battaglia
Rene Batz
Andrea Beck

John Beck
Mike Bell
Martha Beltran
Kelly Benson
Steven Berkowitz

Laura Biggs
Joe Binder
Dean Birtles
Laura Bishop
Mark Bishop

Kelly Blice
Bruce Boatman
Brad Boone
Carmen Booraem
Lynne Boucher



Laurie Bouchly
Susan Bowling
Mike Bramwell
Jot Branson
Tad Braun

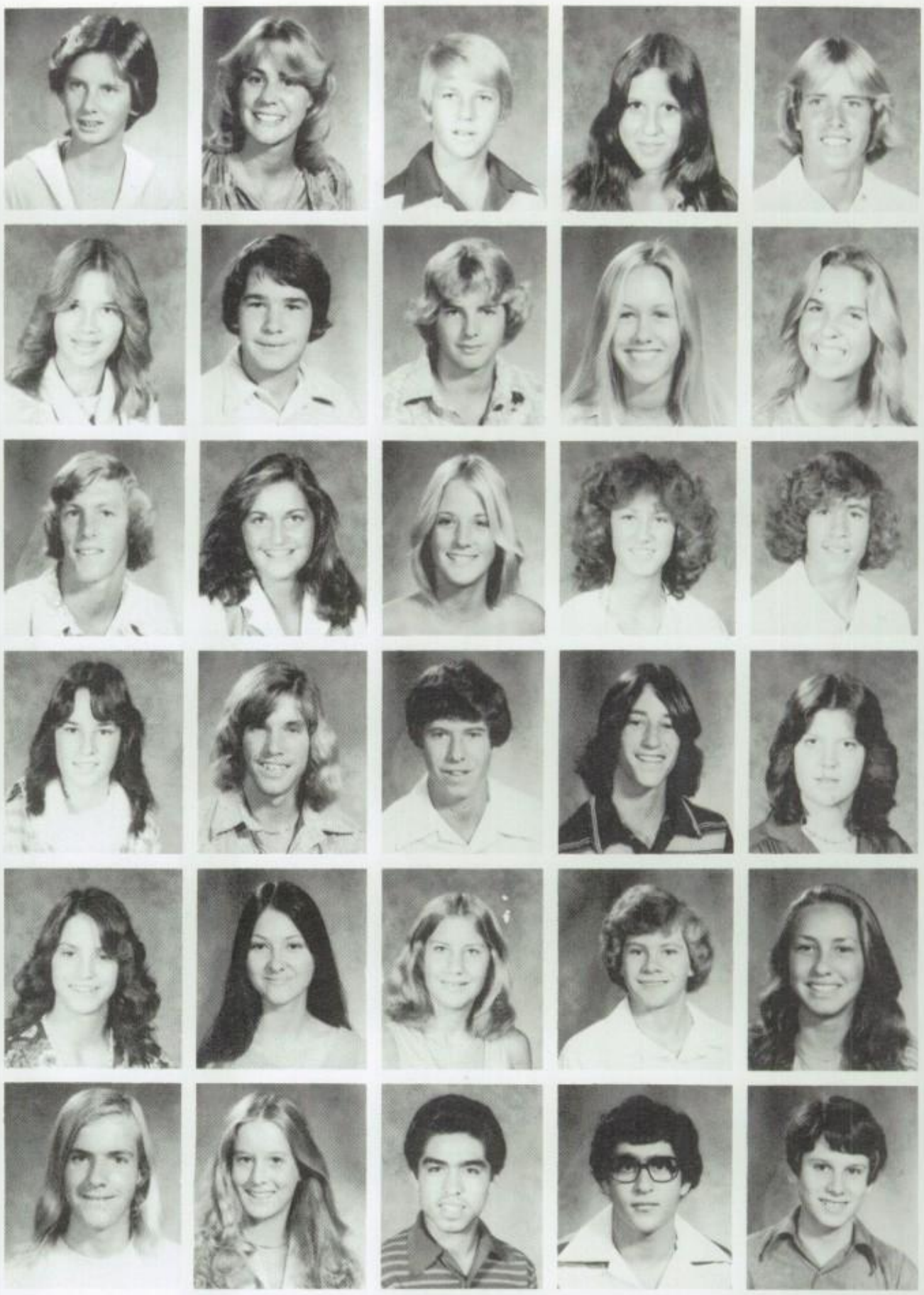
Stacy Briggs
Joe Briscoe
Ken Brissenden
Tami Brower
Barbara Brozio

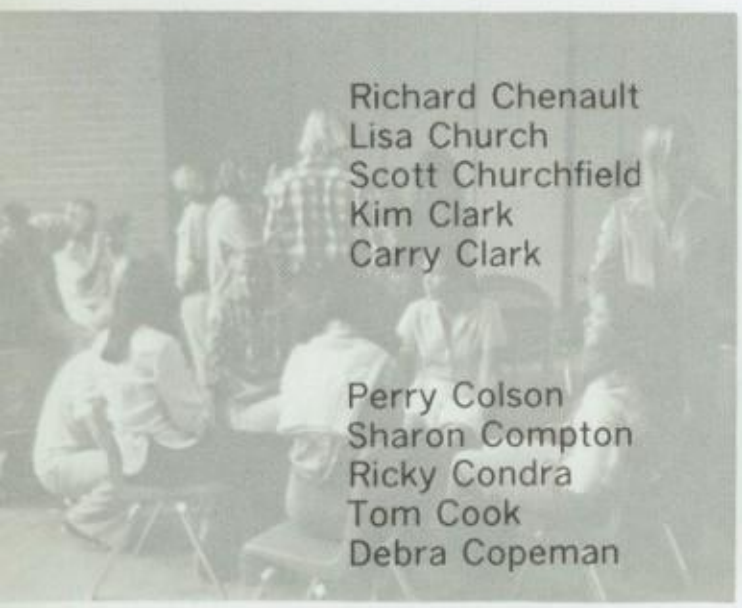
Cameron Bryant
Margie Buck
Terri Burden
Sheri Burnett
Alan Busby

Diane Bush
Mickell Butler
Wayne Call
David Campbell
Dawn Campbell

Denise Campbell
Melanie Campbell
Myra Carlson
Tim Carmain
Lori Cassaro

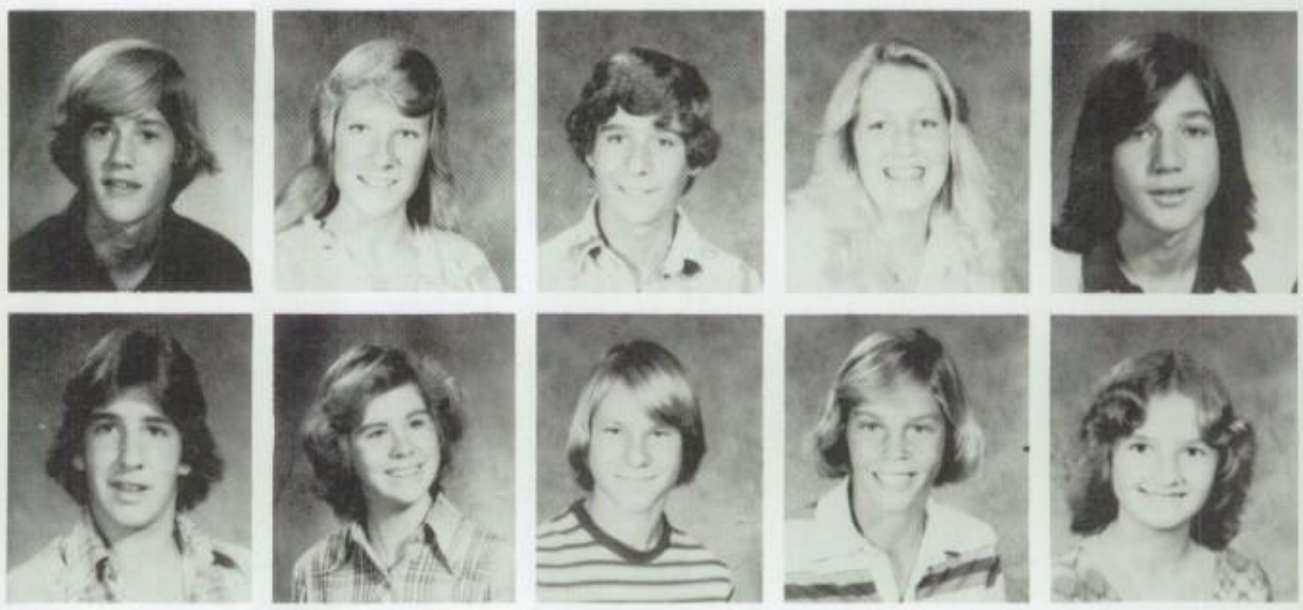
Ray Cast
Cathy Cate
Armando Chaco
Richard Chade
Bill Charin

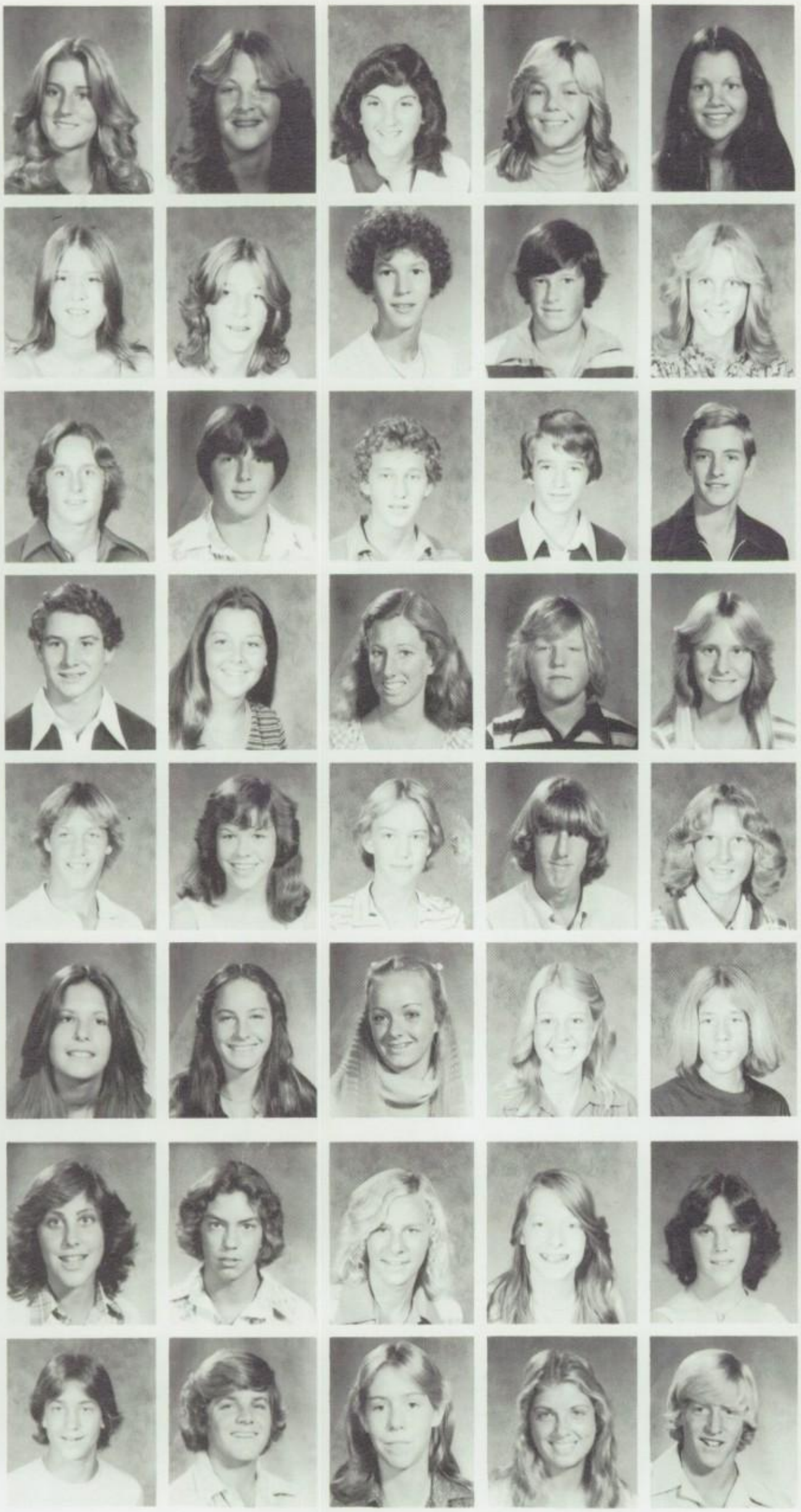




Richard Chenault
Lisa Church
Scott Churchfield
Kim Clark
Carry Clark

Perry Colson
Sharon Compton
Ricky Condra
Tom Cook
Debra Copeman





Claire Coutlee
Kelly Craig
Dana Crail
Lori Cramer
Wendy Cruz

Kim Culbert
Tracy Cutler
Daryl Davies
Michael Davin
Peggy Day

Jeff Dawson
Kevin Deeley
David Denis
Ken Dezarn
Danny Dibble

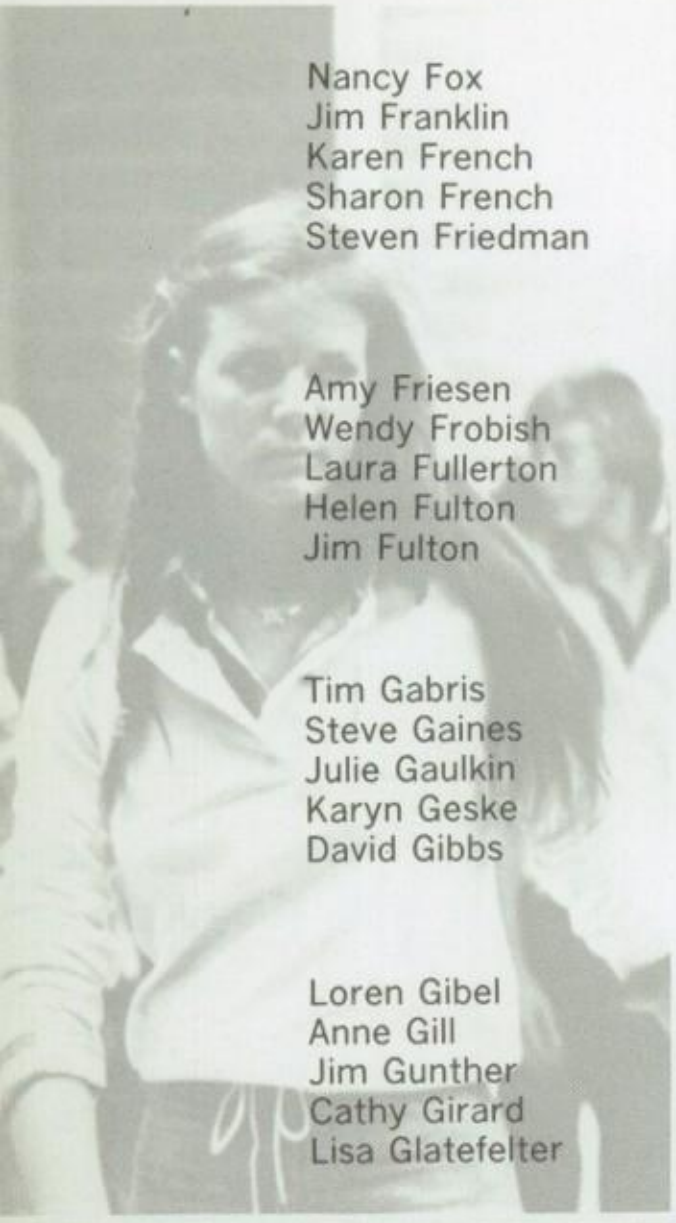
John Dickson
Cary Dillion
Michele Dipsener
Kevin Donaldson
Renee Donley

Paul Douville
Juanita Dove
Kim Downey
Paul Dreyer
Diane Druckrey

Laury Dugvay
Donnette Dunaway
Gina Elchuck
Sharon Elliott
Kevin Erbe

Denise Erickson
Matt Evans
Mike Fair
Dana Fenton
Gina Ferraro

Tony Finizio
Robbie Flansburg
Lisa Foshay
Julie Fowler
Eric Fox



Nancy Fox
Jim Franklin
Karen French
Sharon French
Steven Friedman

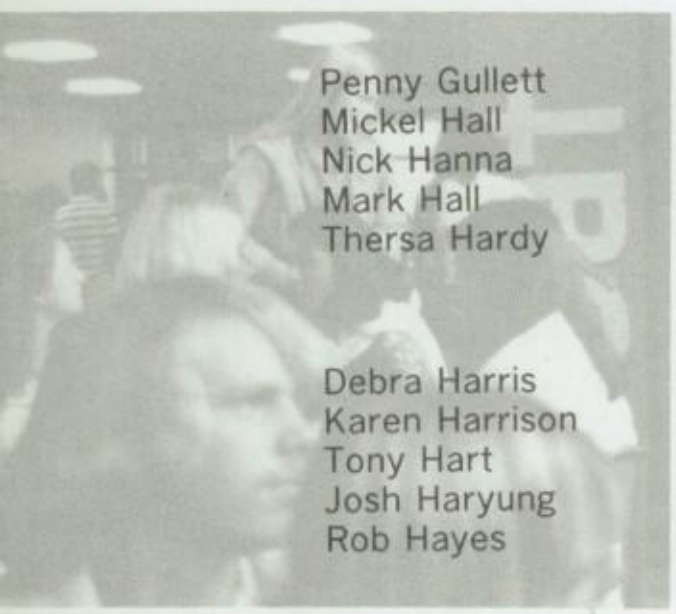
Amy Friesen
Wendy Frobish
Laura Fullerton
Helen Fulton
Jim Fulton

Tim Gabris
Steve Gaines
Julie Gaulkin
Karyn Geske
David Gibbs

Loren Gibel
Anne Gill
Jim Gunther
Cathy Girard
Lisa Glatefelter

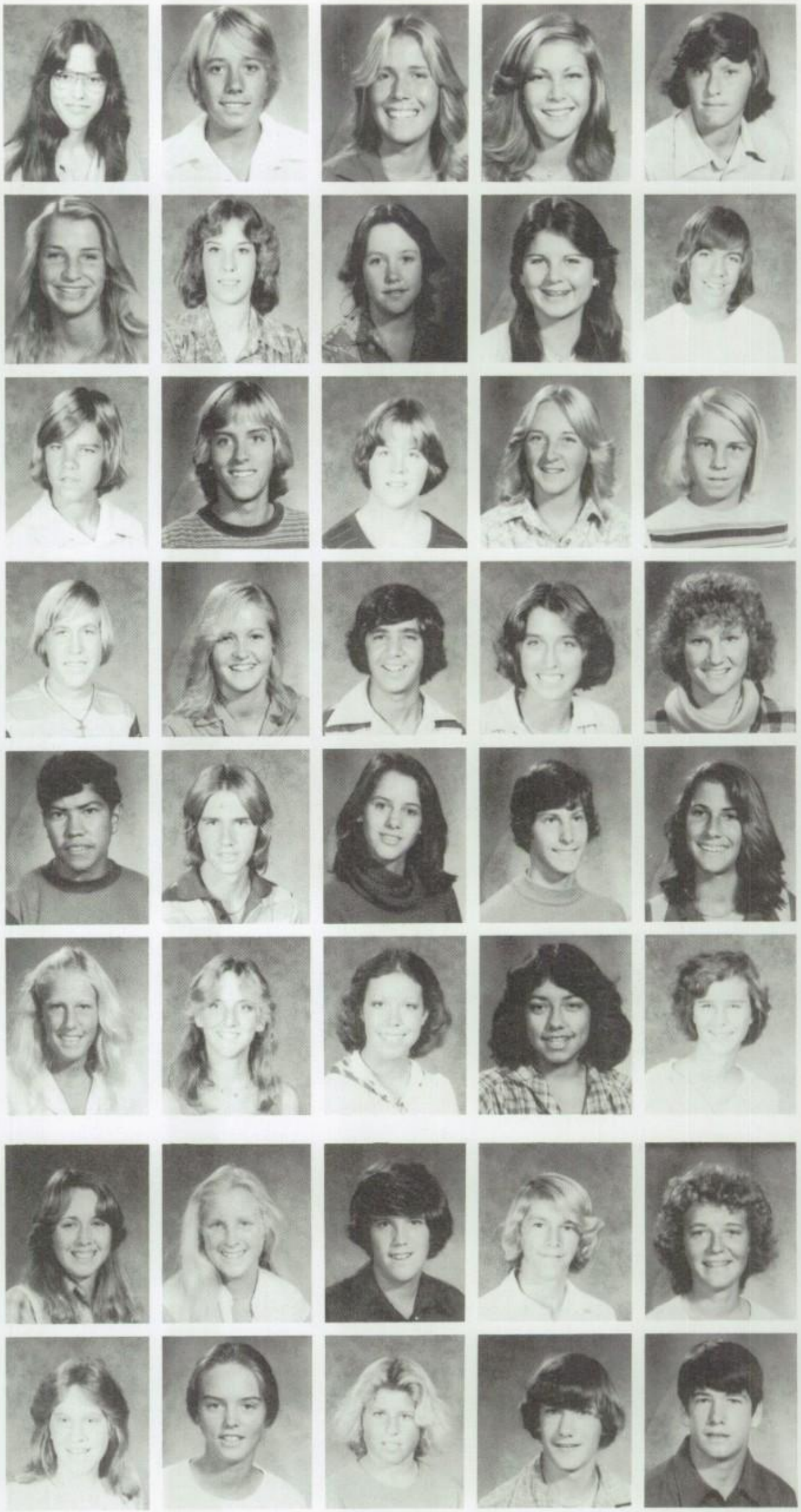
Alfredo Gonzales
Dave Goshe
Ann Gotch
Alex Gottdank
Elisa Gower

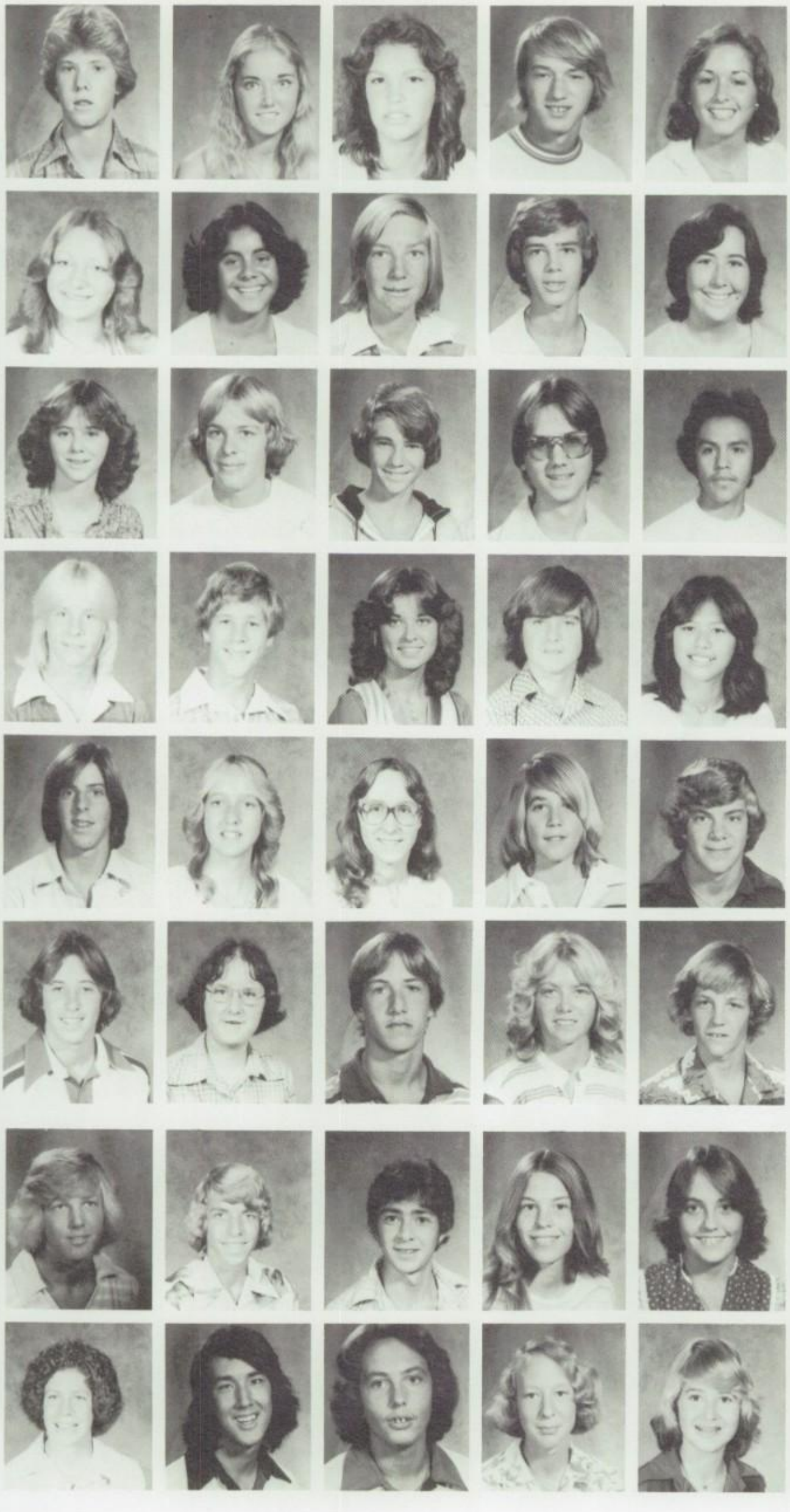
Gail Grabowsky
Julie Grant
Laurie Granucci
Chris Greigo
Lynnette Groslouis



Penny Gullett
Mickel Hall
Nick Hanna
Mark Hall
Thersa Hardy

Debra Harris
Karen Harrison
Tony Hart
Josh Haryung
Rob Hayes





Randy Hayes
Lottie Hedstrom
Lisa Hazelman
Andrew Hein
Julie Heinly

Diane Henderson
Chris Herrera
Frank Herrmann
Martin Hess
Linda Hinds

Karen Hinkle
Brian Hobson
Marc Horton
Ken Horvath
Jose Huerta

Scott Humphrey
Eric Hungate
Tricia Hunter
Harry Hutchenson
Aya Imai

Paul Ireland
Loreli Isky
Linda Ivers
Todd Jensen
Mike Johnson

John Johnston
Sheryl Joiner
Scott Jones
Jeannette Jung
Jon Jung

Greg Kading
August Kaelber
Hamid Karimi
Karen Kawczynski
Audrey Keenan

John Kelley
John Kenefick
Scott Kennedy
Jeff Ketter
Kristen Kiefer

Carol Kim
Mike Kingston
Kevin Kirchner
Tony Kobylski
Alex Kotowitz

Ken Kott
Kim Frahulik
Tami Kramer
Erin Krause
Joleen Kreitz

Tim Kriss
Brent Kulp
Dan Kusky
Debra Kwast
Laurie Landereth

Allison Langbridge
Steve Lanhan
Colette Larson
Deadra Larson
Wendy Lee

Denham Leftwich
Devin Leonard
Michael Lepage
Pam Leverich
Eric Lewis

Kim Lewis
Norbert Lischer
Kelly Loechner
Marci Loughridge
Tammy Love

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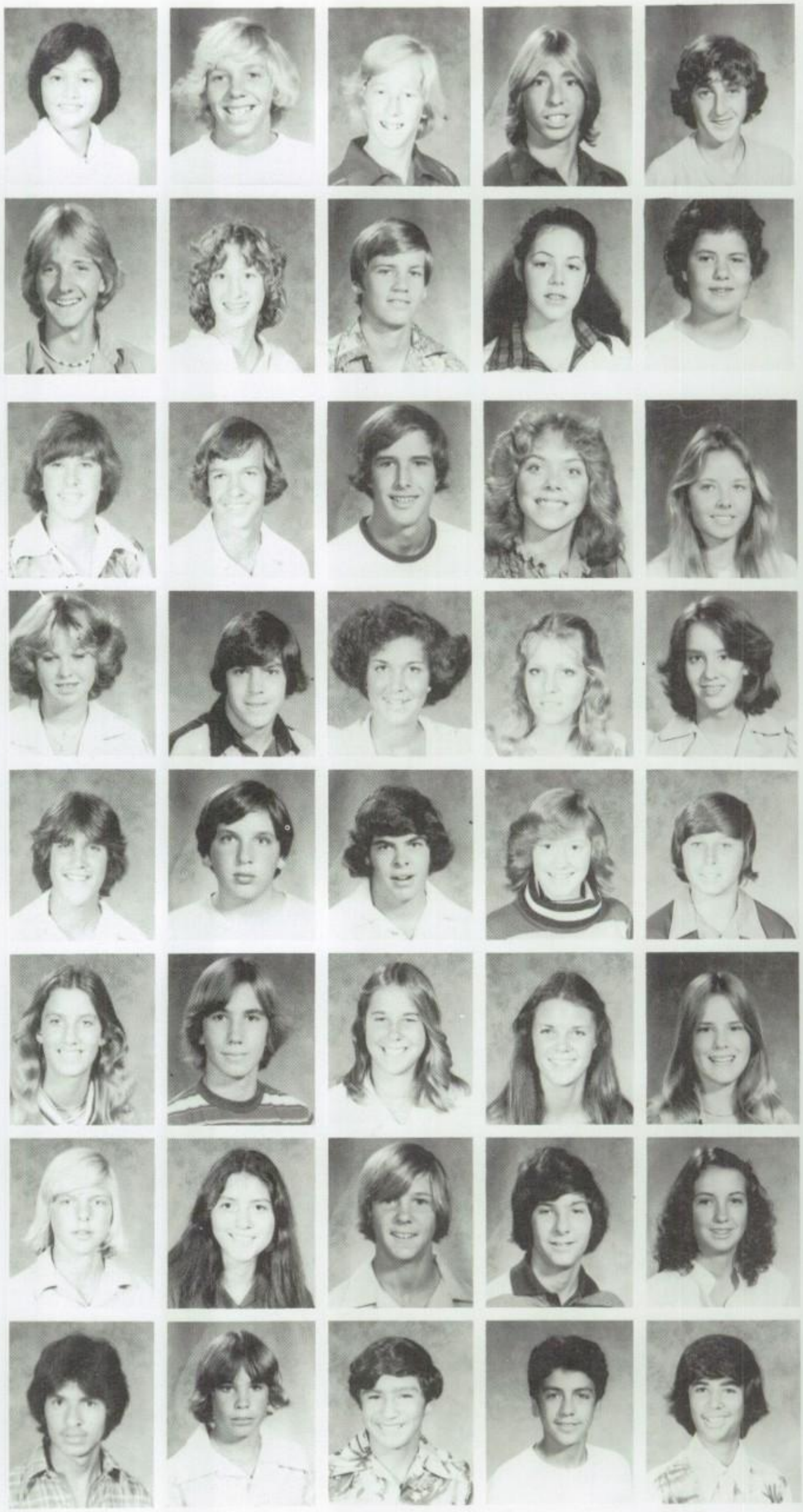
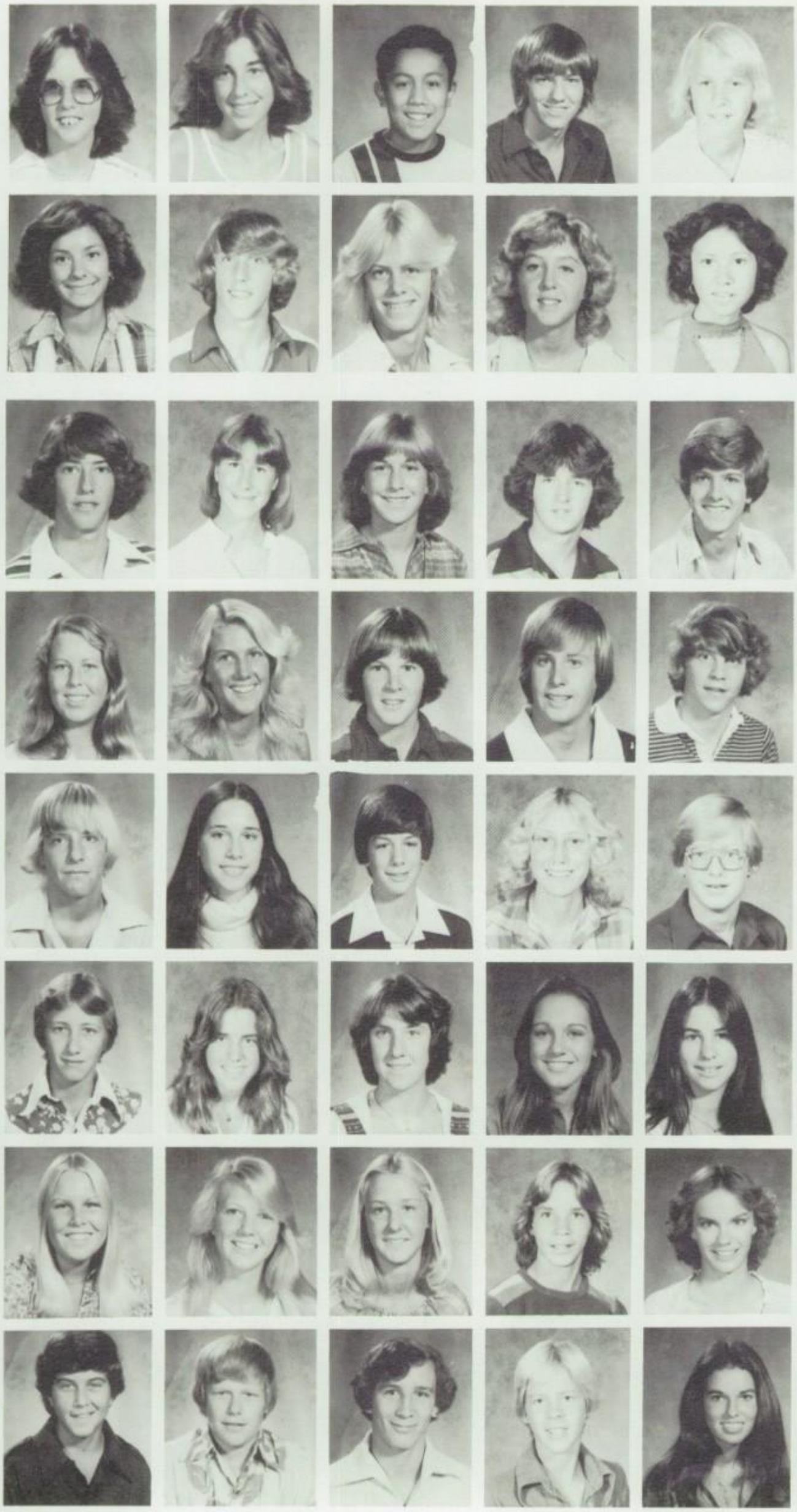
Margarita Lujano
Ed Lukes
Mark Luoni
Suzanne Luster

Jose Magano
Eric Magney
Jose Malagon
Raymond Maldonado
Ricordo Mal Favon





Lisa Mandel
Sarah Mandel
Martin Manzo
Scott Marbery
Gary Marble

Tina Marchello
David Marohnic
Rob Marsh
Laura Marshall
Gracie Martinez

Tom Martino
Hilary Massey
Debbie Matossian
Ray McCanna
Steve McClain

Connie McDonald
Lynn McDonald
Doug McElhaney
Kirk McFalls
Chris McGlone

Denis McVey
Lisa Mendez
Keith Mendoza
Anne Miller
Jeff Miller

Ron Miller
Ann Mitton
Liz Moberly
Stephen Modory
Kim Monk

Karen Montgomery
Kathy Moore
Michele Moore
Todd Morce
Julie Mortenson

Michael Mueller
Tom Mulder
Brian Muller
Chris Murphy
Karen Naiman

Gina Najm
Jeff Neal
Karin Nelson
Schel Nelson
Michele Nevins

Jeff Newberry
Kim Newhart
Cheri Nixon
Tom Noble
Shaye Nobles

Orrin Nutter
Pat O' Brien
Tim O' Brien
Amelia Obst
Staci Oldenburg

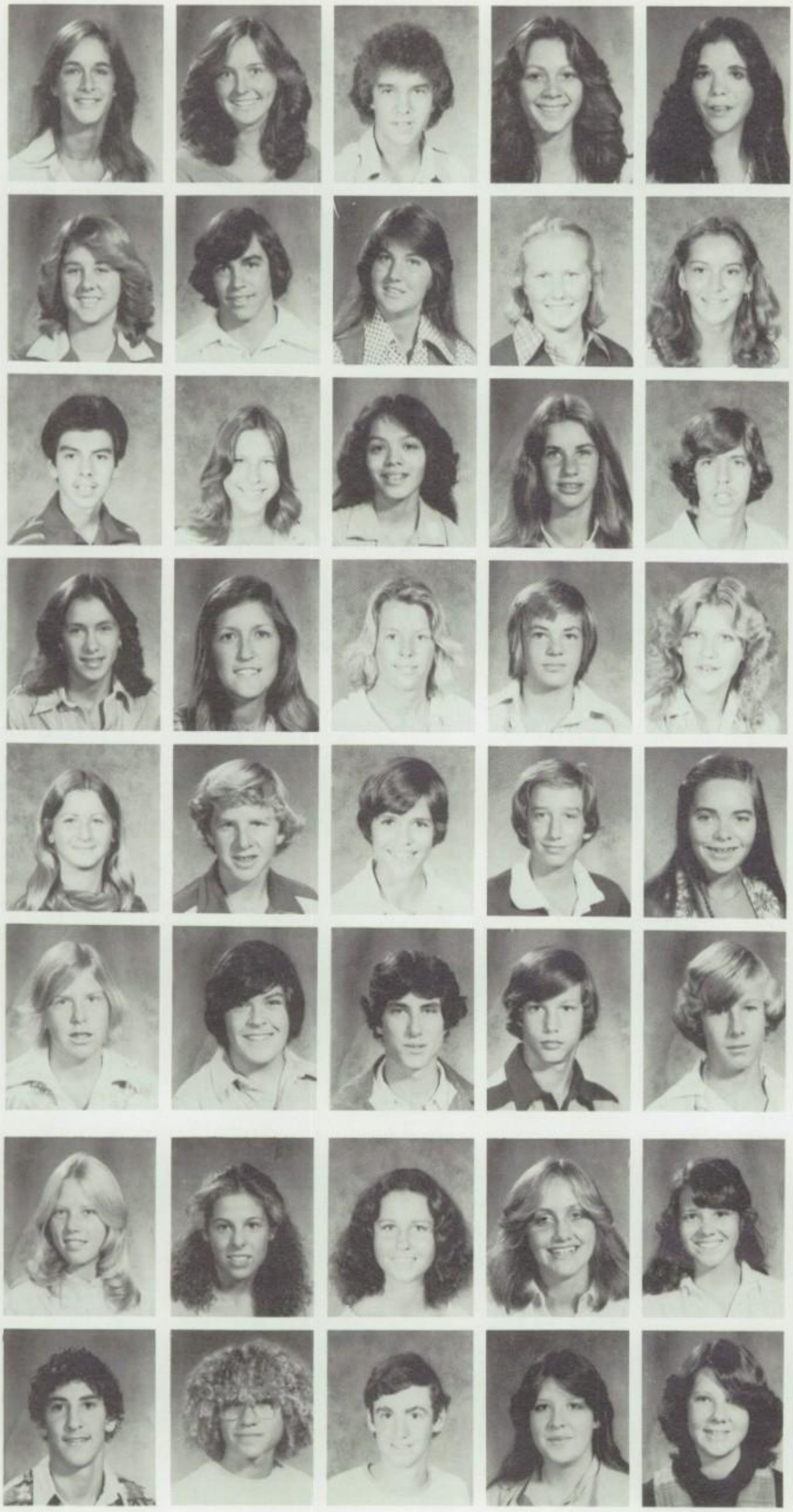
Chris Oldham
Paul Ortiz
Aulton Osterfield
Cassandra Osuna
Pat Oyama

Maria Pappas
Darci Paris
Bill Parker
Janice Parker
Mark Pederson

Brian Pfeuffer
Betsy Pierce
Rob Pike
Paul Pitsker
Tom Pohl

Brian Pittman
John Pollack
Celeste Poussard
Lisa Powell
John Presutti

Shannon Redding
Lance Reed
Erin Reagon
Fred Reichart
Helen Reid



Lisa Reinhardt
Heidi Reinke
Mike Reissmueller
Ingrid Riedl
Tammy Rihner

Debbie Riis
Mike Roberts
Renee Roberts
Suzanne Robertson
Terri Robinson

Mark Rodrigues
Elaine Romero
Carol Ruiz
Patty Rutt
Mike Ryan

Angela Rymer
Stephanie Saglin
Chris Salmon
Ted Salmon
Chris Sapp

Carol Savas
Chris Schaller
Jeff Schaub
Todd Schneiderman
Jill Schnitzler

Scott Scholten
Edward Schoonover
Mike Sexton
Kriss Sharrar
Darrell Shelor

Cathy Sherburne
Marla Sherman
Carrie Silene
Tina Simonin
Chris Simpson

Robert Skinner
Greg Smith
Jason Smith
Jonette Smith
Kim Smith

Randy Smith
Sheila Smith
Andrew Smitz
Michele Soria
Matt Sorrentino

Lisa Spaw
Doug Staggs
Mike Starr
Traci Staud
Lisa Stein

Kevin Steinke
Mark Steinwender
Walter Stevens
Michele Stevenson
Mark Stiglbauer

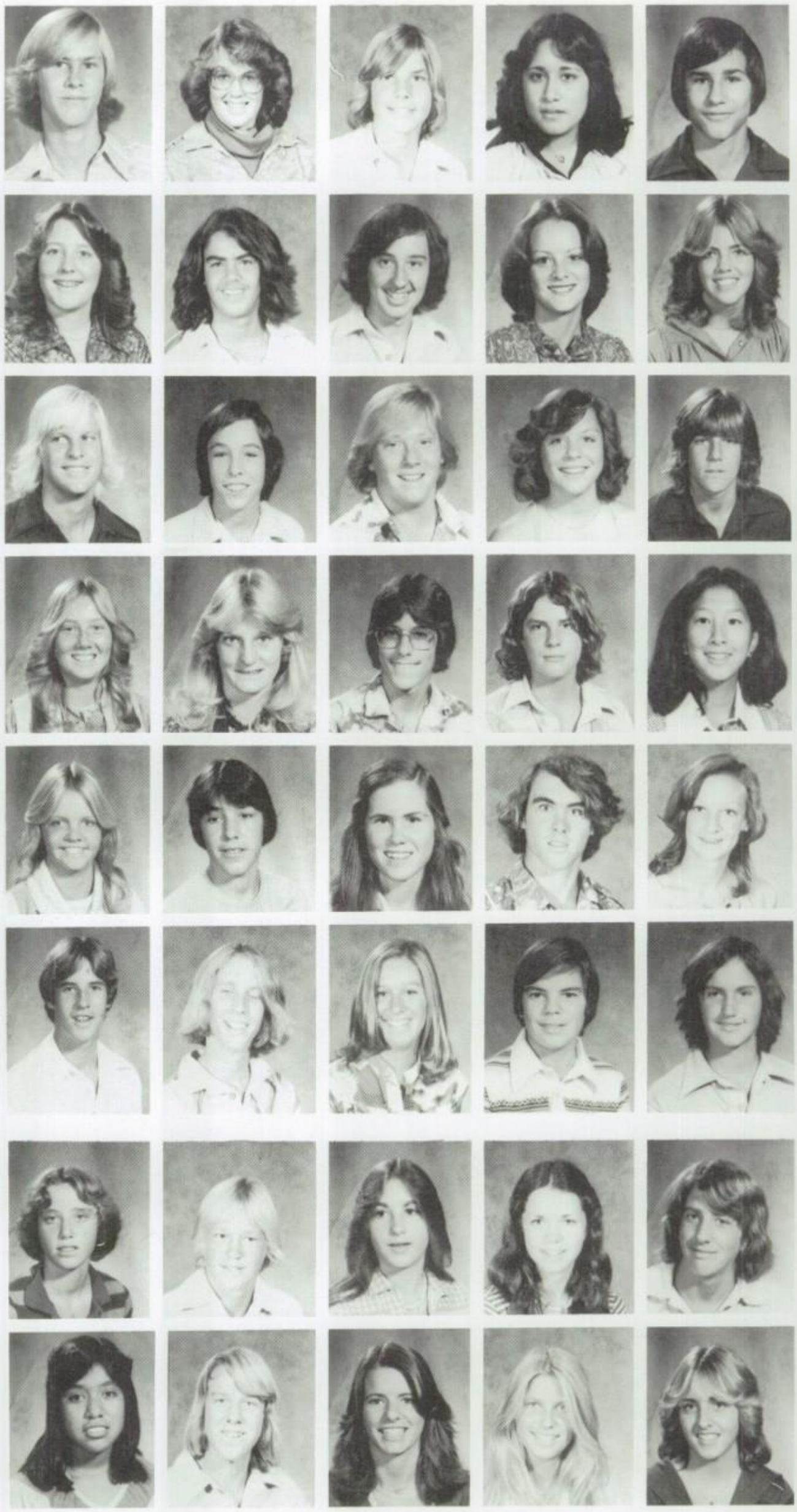
Debra Strano
Paula Sturderant
Craig Stutzman
Tom Sundin
Audrey Sung

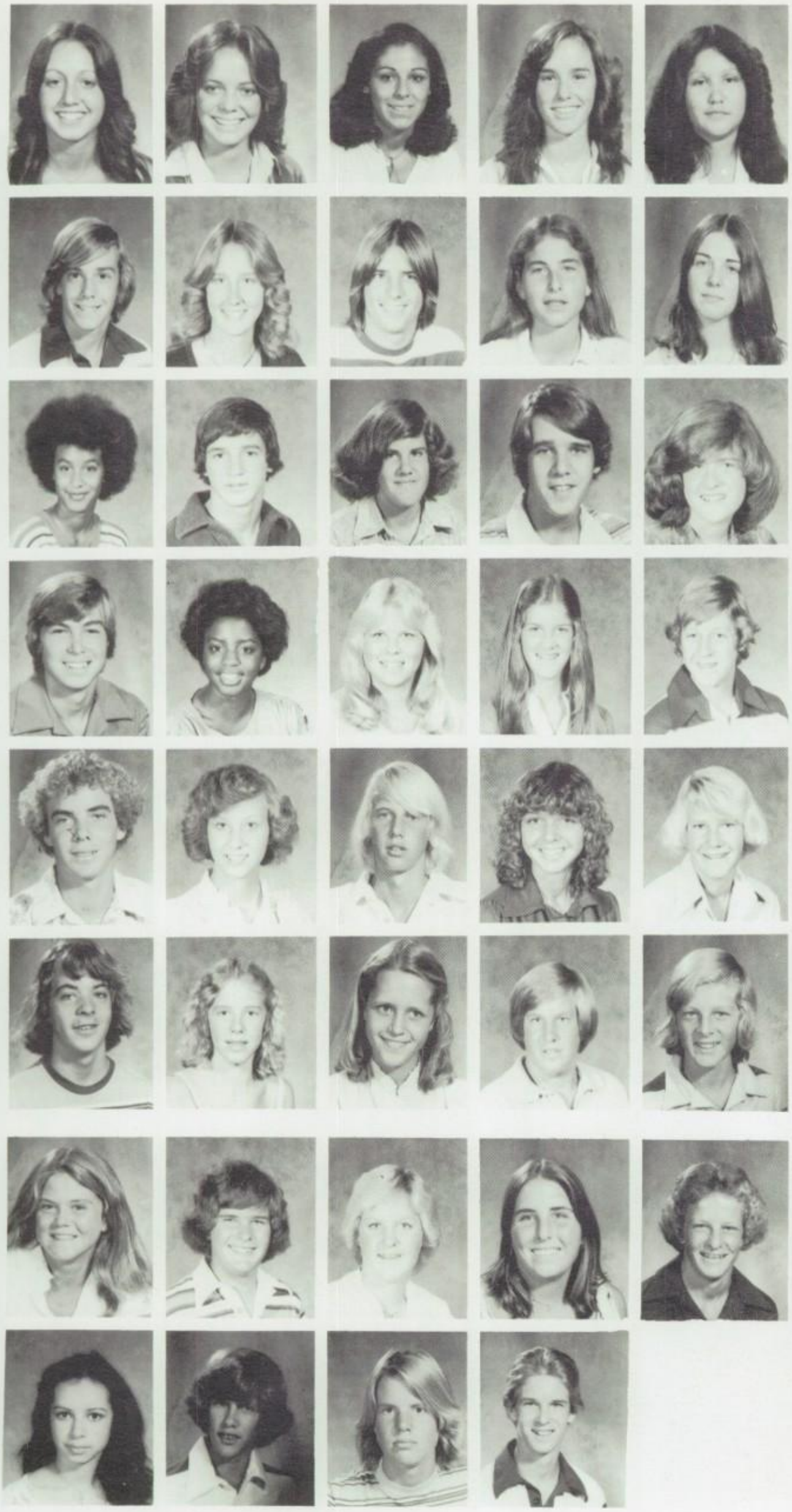
Mary Sutherland
James Swan
Hilary Sykes
Jeremy Sykes
Lisa Tanner

Bryan Taylor
Brian Thibodaux
Anne Thomas
Tony Tomich
Bill Toogood

Mary Touher
David Trask
Linda Trotta
Maria Tryon
Martin Turner

Juliana Uribe
Dwayne Utterback
Tina Vallera
Tosca Vandenbrink
Glynnis Vangelder





Dana Vanness
Brandi Van Wye
Liz Vargas
Lisa Vaughan
Martha Velasquez

Ron Viggiano
Donna Vogel
Mike Wall
Nancy Walti
Dana Ward

Andrene Warren
Bill Watson
Jeff Weber
Steve Wegner
Diane Wehrli

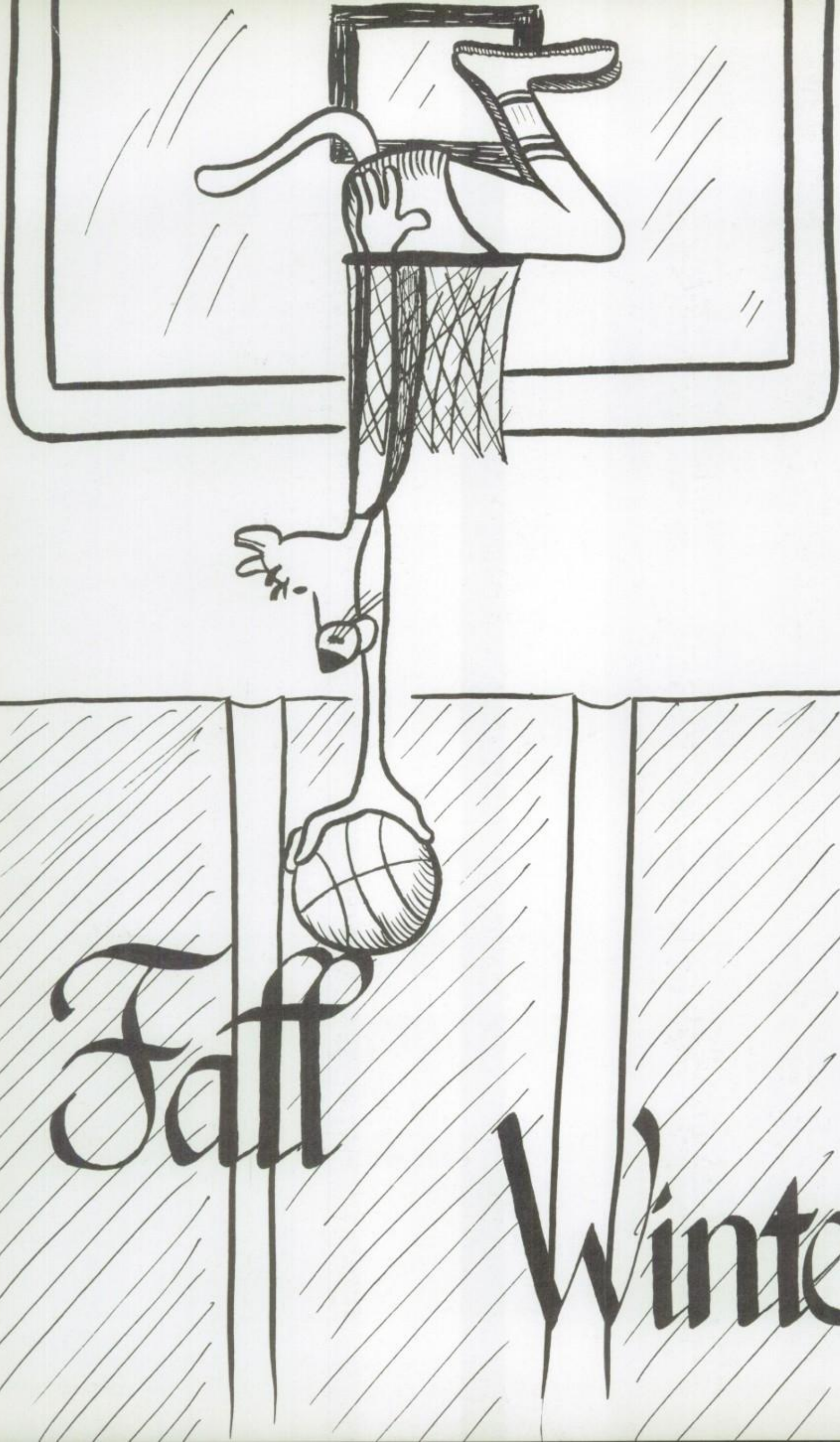
Danny Westerfield
Patty White
Suzanne White
Teresa White
Howard Whitman

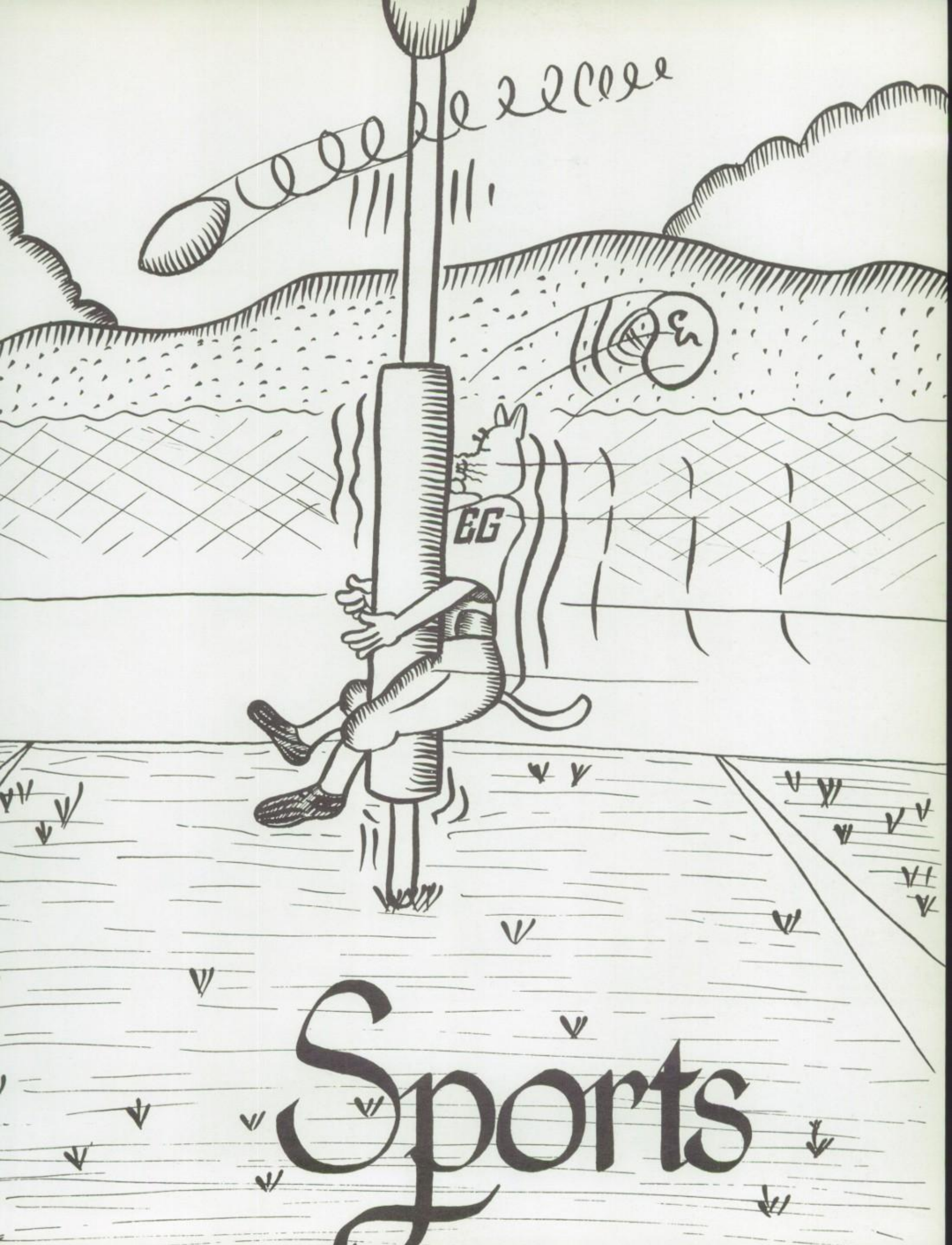
David Whitney
Tammy Wilbur
Jeff Wilder
Dona Wilson
Jeff Wilson

John Wilson
Michele Wilson
Lori Winget
John Wintersteen
Stephan Wisneski

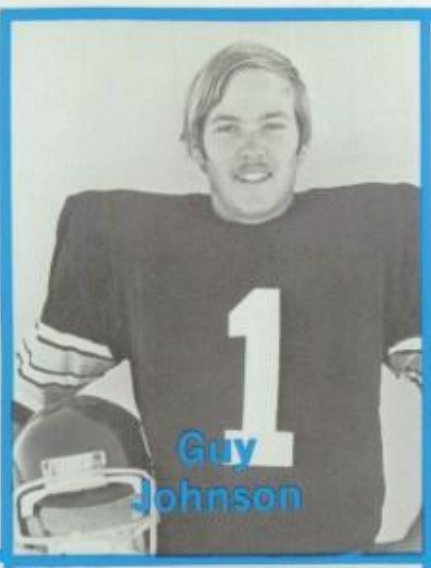
Wendy Wolfe
Scott Wolosz
Melinda Woodford
Lisa Woolridge
John Young

Martha Zendejas
Jeff Chaska
Steve Schroeder
Tom Sepull


Fall
Winter



Sports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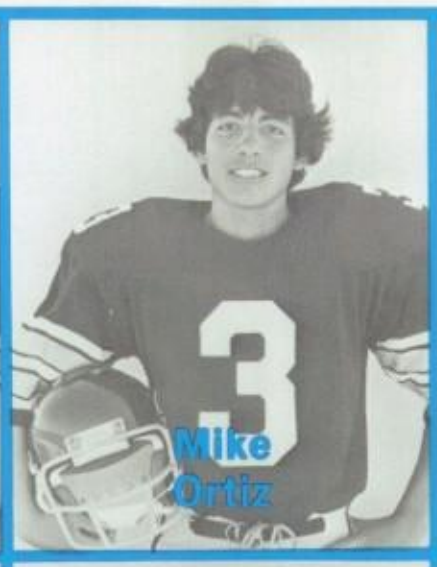
Guy
Johnson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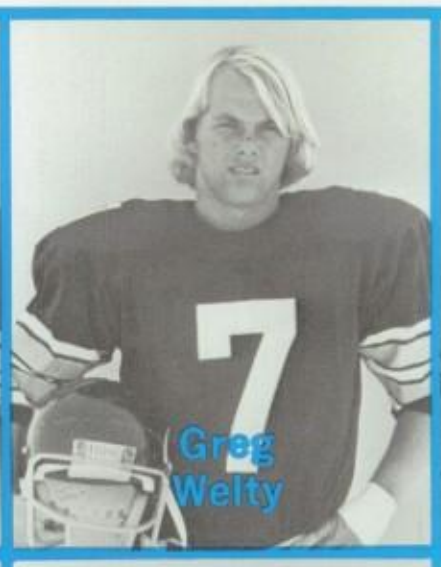
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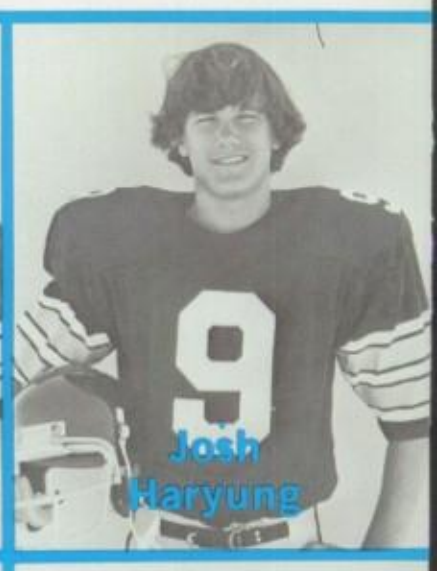
Greg
Welty


9
Josh
Haryung

17
Fernando
Salas

18
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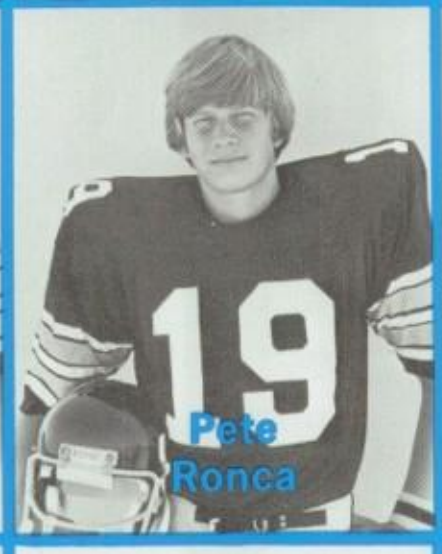
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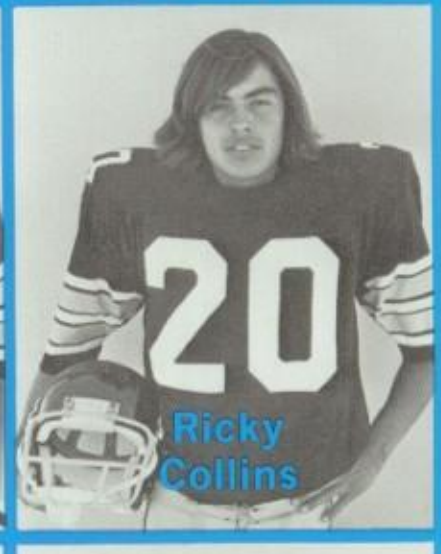
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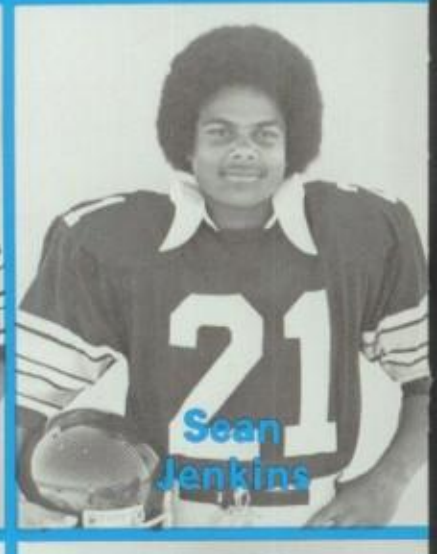
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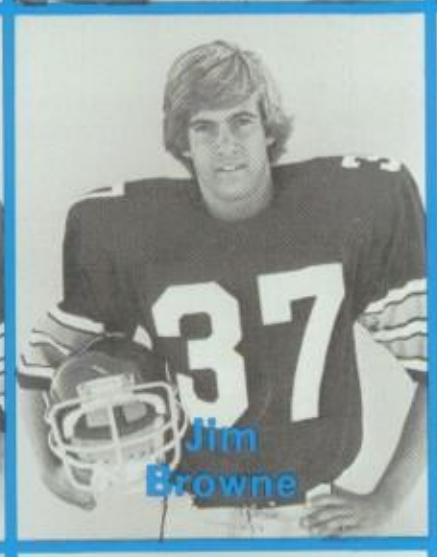
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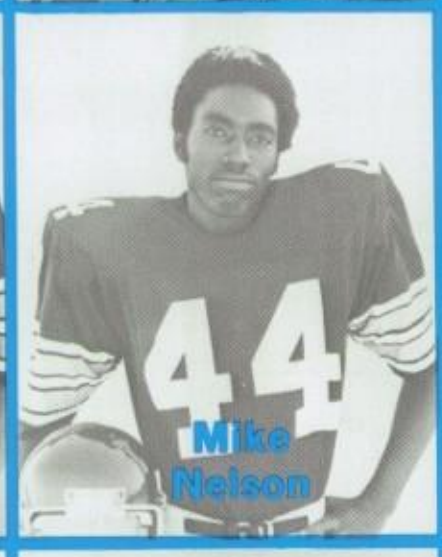
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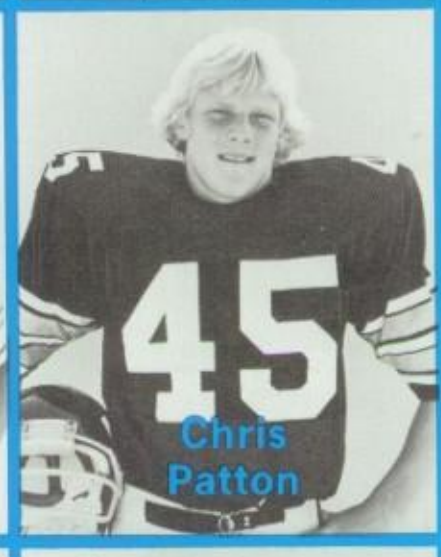
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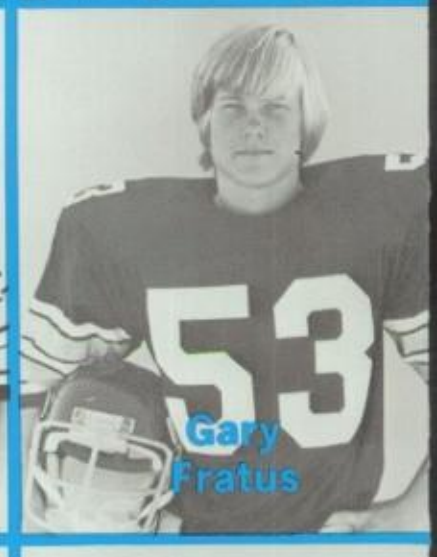
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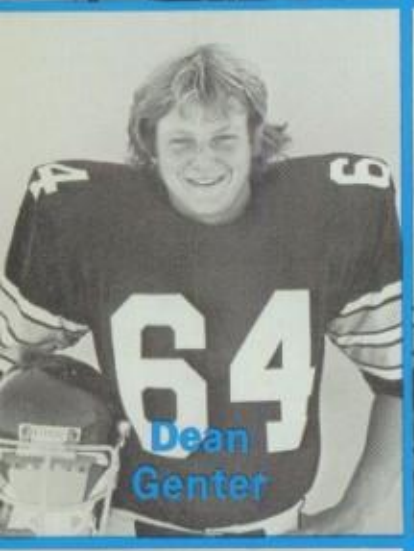
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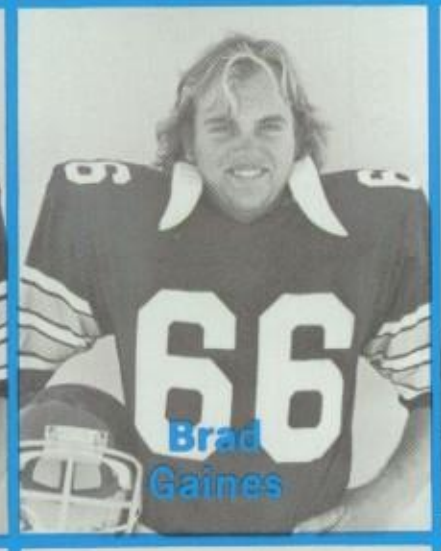
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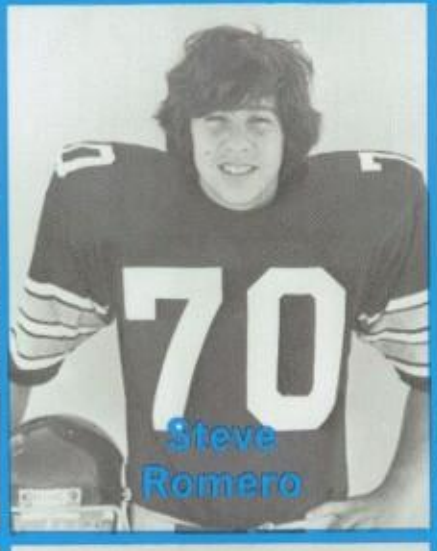
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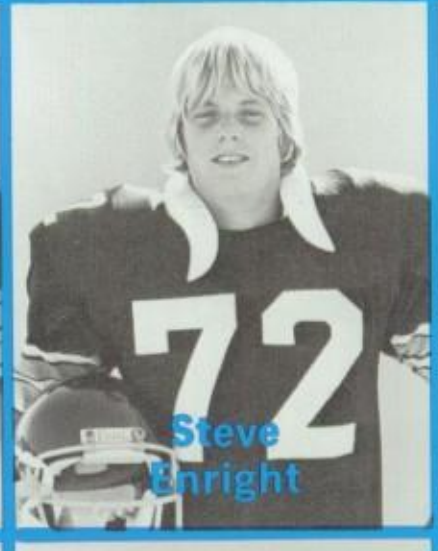
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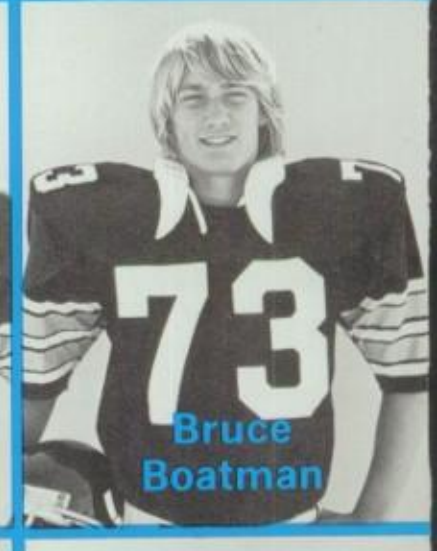
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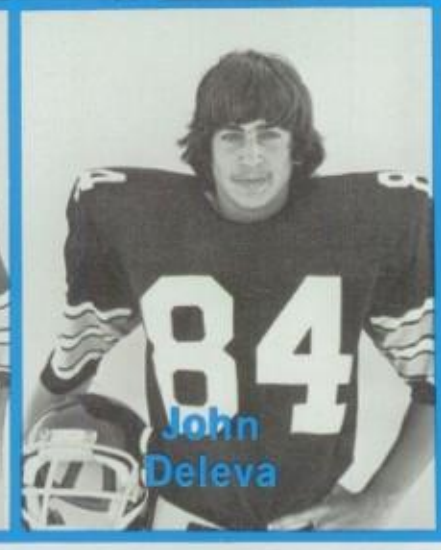
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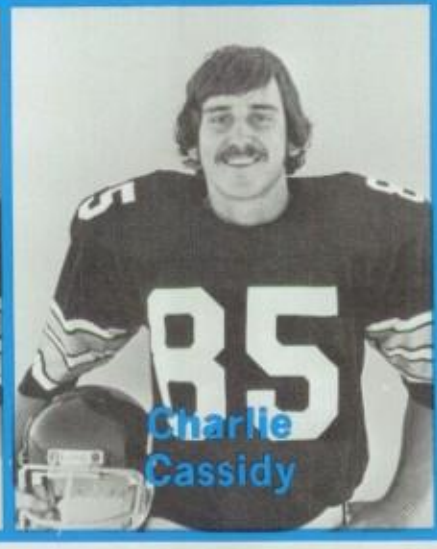
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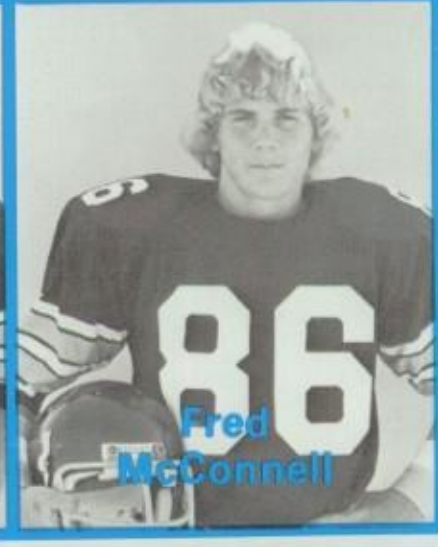
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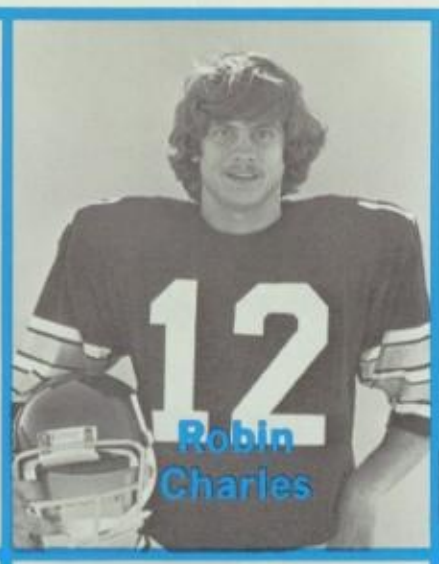
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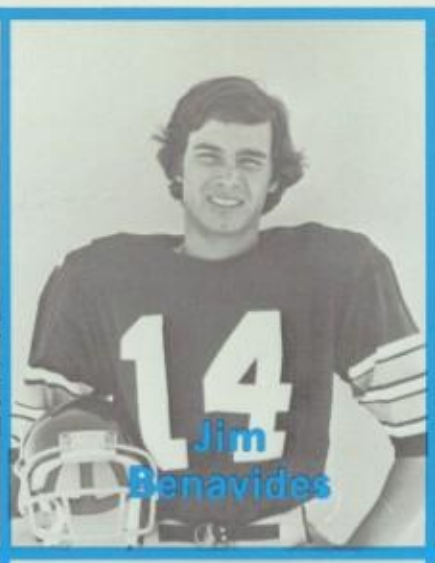
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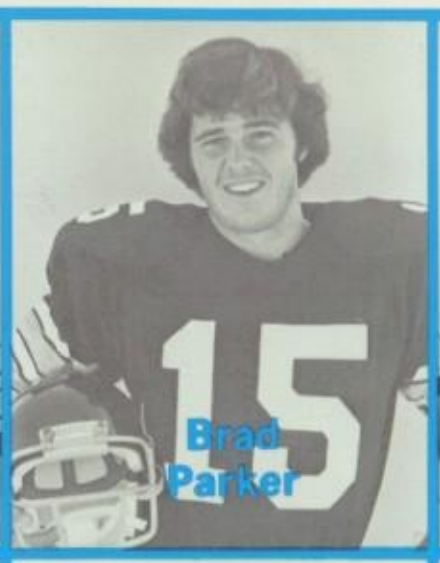
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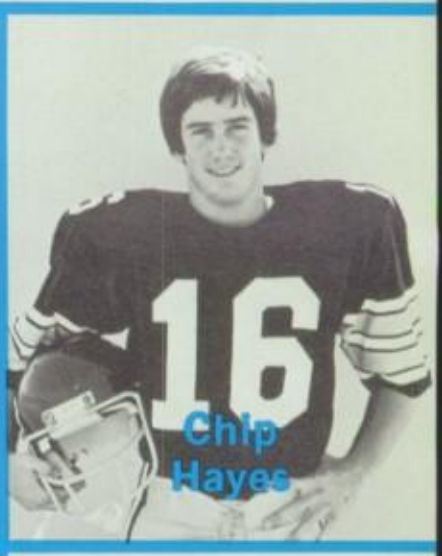
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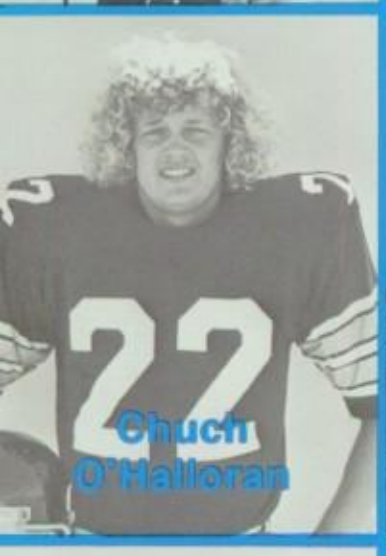
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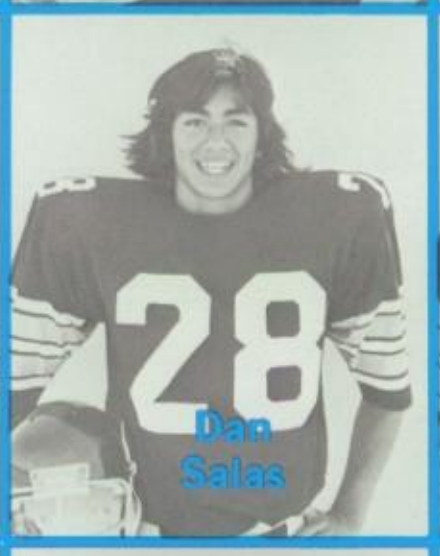
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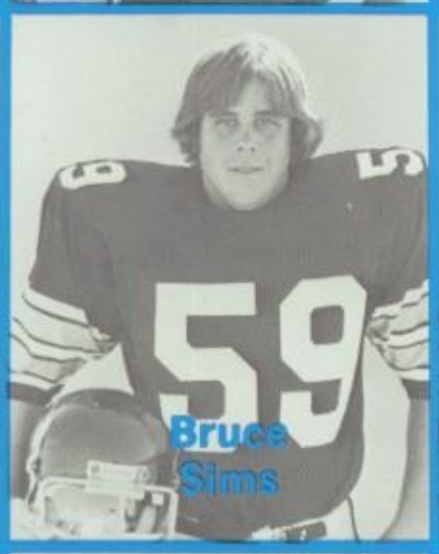
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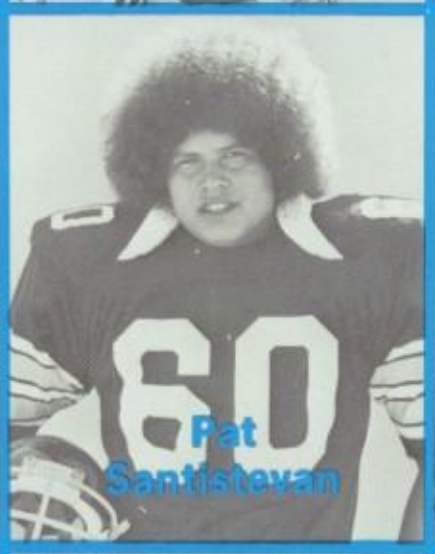
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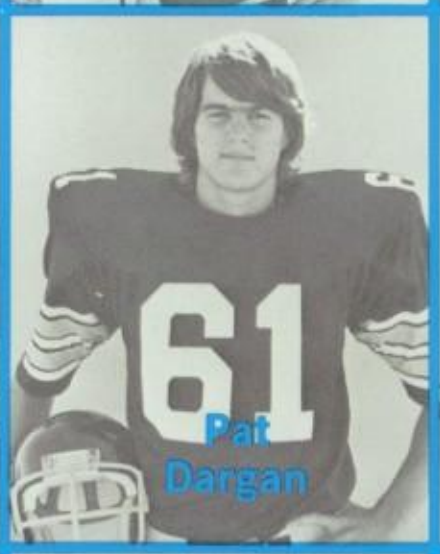
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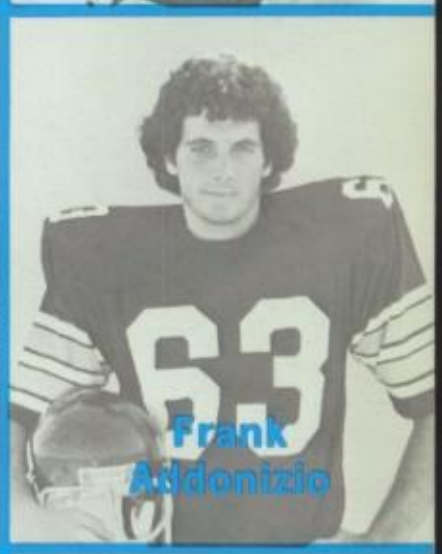
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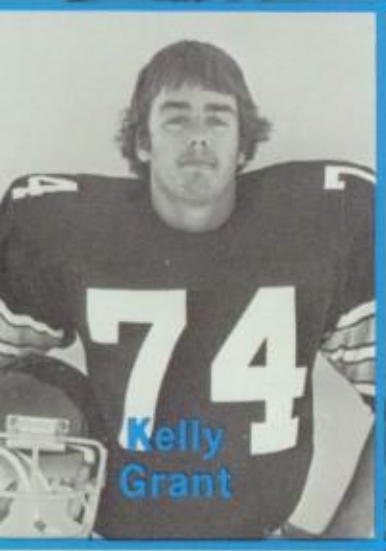
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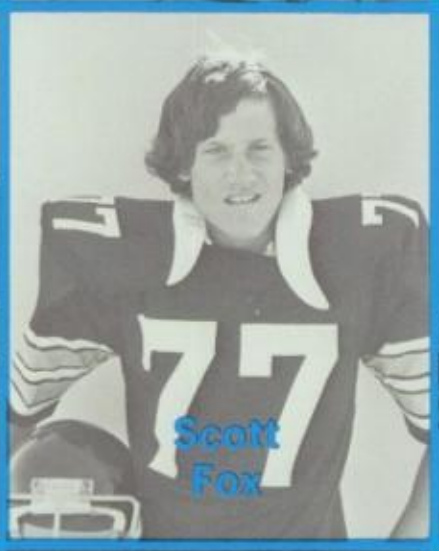
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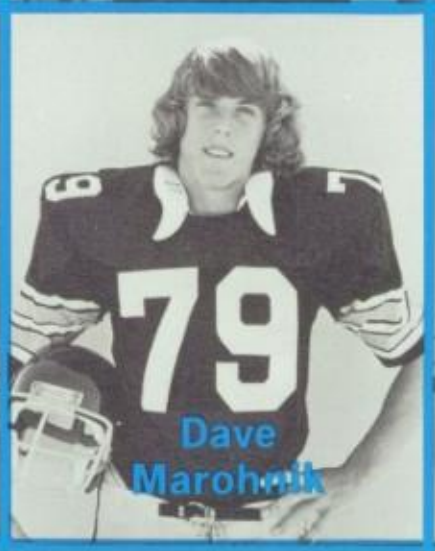
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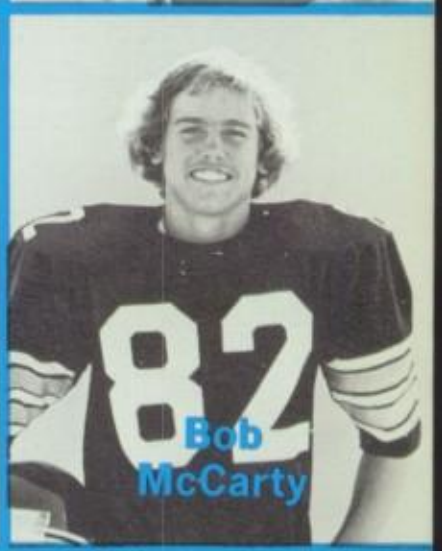
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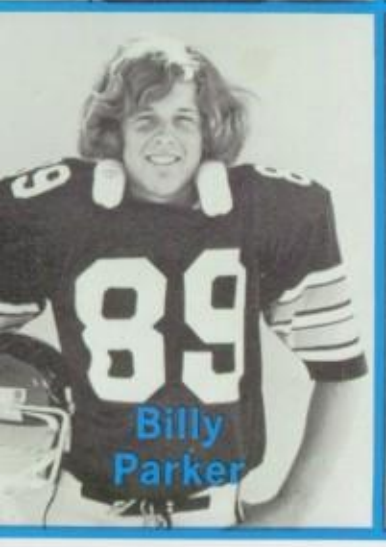
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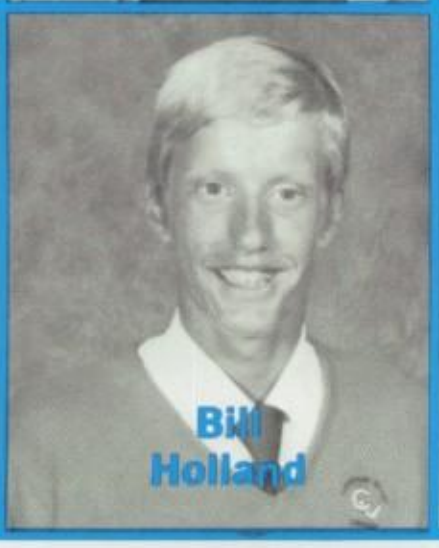
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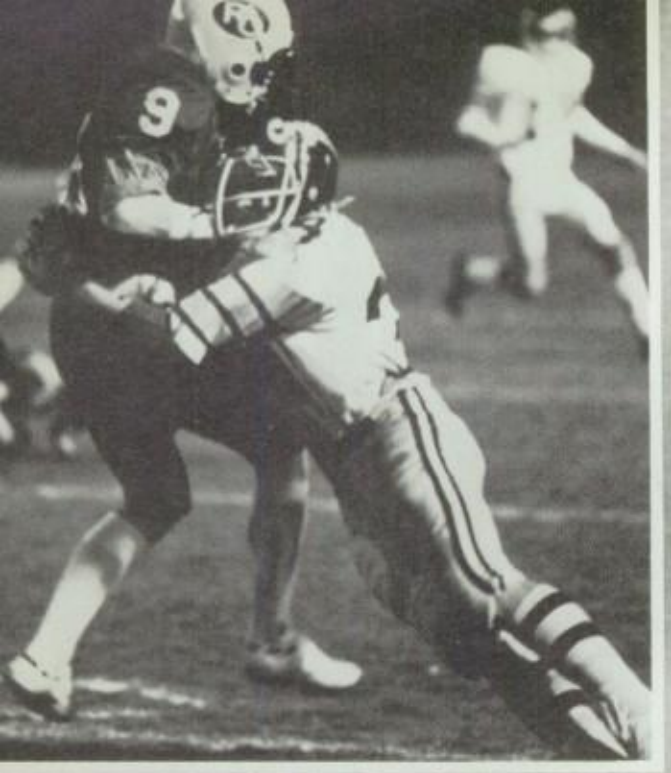


Hardhitting Eric Fox

A one ... and a two ...

Joe wallers dream of #

The Varsity Football Team of 1978 began the season with many questions, such as how tough the South Coast league would be, yet the Cougars were excited with the prospects of playing in a league and improving upon last years CIF team.

ELSINORE- With the newly finished Capistrano Valley football stadium packed with excited fans the Cougars rolled to their first victory of 1978, 35-0 over the Elsinore Tigers. The Varsity relied on an impressive ground attack led by Sean Jenkins' 107 yards. However it was the defense which looked most impressive, shutting out the Tigers for the 2nd year.

NORTH MONTERY- The second game of the 1978 season produced much the same results for the Cougars as the first, defeating

NORTH MONTERY- The second game of the 1978 season produced much the same results for the Cougars as the first, defeating
North Monterey 42-6. Capo Valley opened up a 21-0 lead after the first quarter and early in the second half began substituting freely. Quarterback Brad Parker supplied much of the offense passing for 182 yards, including a 61 yard touchdown to Chip Hayes, and running 57 yards for another score.

CARONA DEL MAR- After two successive easy victories the Cougars now faced a team many picked as a pre-season favorite in Orange County. However Robin Charles staged a one man offensive show as Capo Valley turned back the Sea Kings 21-14. Charles scored on a 77 yard touchdown run and on passes of 50 and 10 yards from Parker.

UNIVERSITY- As thick fog rolled across he gloomy Capistrano Valley football field the Cougars had little trouble lighting up the scoreboard with a 28-3 victory over University. Brad Parker again led the offense as he ran for three touchdowns and threw for another. However it was the defense which again stopped the opposition, this time allowing only a second quarter field goal.

LAGUNA BEACH- Playing in their first ever South Coast League football game the Cougars and Laguna Beach struggled to the most exciting game of the second Capo Valley season. Capo needed 10 final quarter points to leave the field with a hard fought 24-17 win. Jenkins led the offense with 163 yards.

AWESOME/

Get me out of here

The unstopable Sean Jenkins

LAGUNA HILLS- Boasting a 5-0 record the second year Cougars next faced the winless, first year team from Laguna Hills. The new school proved to be no match however as Capo Valley coasted to a 49-0 victory. This game proved, however, to be only a tune up for the upcoming game against SCHS.

SAN CLEMENTE- With both schools chanting cries of "were #1" the Cougars and Tritons battled for the top spot in the South Coast League. The rivalry started with a game few will forget, especially Coach Cunerty who said, "I think I wanted to win that game more than any other game I've ever Coached." Capo Valley and San Clemente were tied with less than a minute to play until Triton Mike Wade scored making the score 21-14. Following was a fierce rally by the Cougar offense which ended short. Capo Valley outplayed the Tritons most of the game, led by Jenkins' 145 yards, but the breaks fell for the Tritons, as they took over first place in the league. The Cougar players now hoped for a rematch, possibly in the Conference Championships.

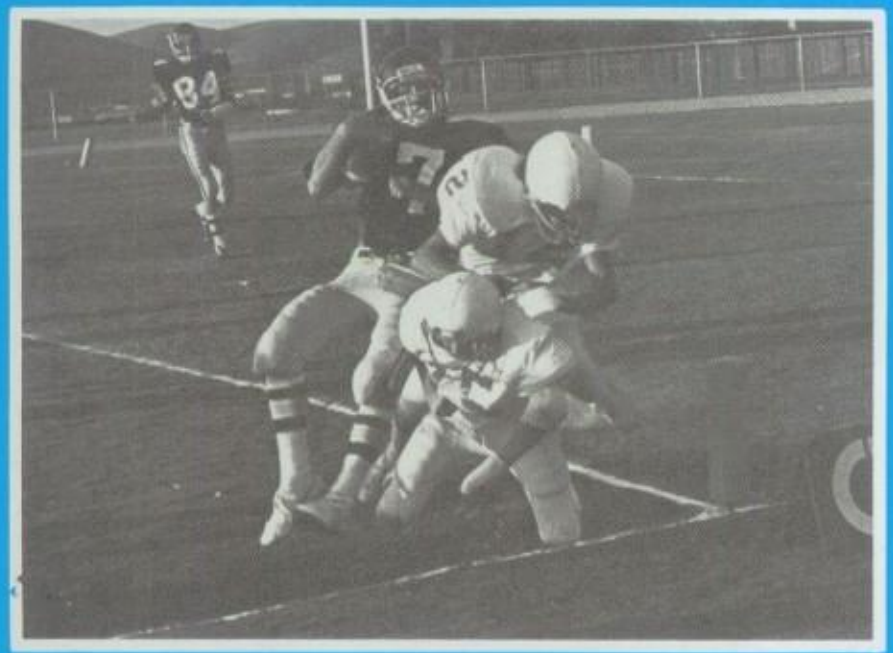
MISSION VIEJO- After the frustrating loss to San Clemente the Cougars now faced the tough Mission Viejo Diavlos. Attempting to revenge last years CIF playoff loss Capo Valley fell behind 14-0 before Quarterback Parkers' offense touched the ball. Orange Counties leading kicker, Guy Johnson, followed with two first half field goals making the halftime score 14-6. Yet Capo scored the only points of the second half and came home with a 18-14 victory and second place in the six team South Coast League.

DANA HILLS- The homecoming and final game for Capistrano Valley ended with the same results as seven previous games, this time a 42-14 victory over the Dolphins. The starting offense and defense played equally well as the Cougars rolled up 35 points by halftime, 14 of those on interception returns.

The regular season ended with a 8-1 record, along with second place in the toughest league in southern Orange County. The Cougars entered the playoffs ranked in the top ten in Orange County, and hopes of being the CIF Champions.

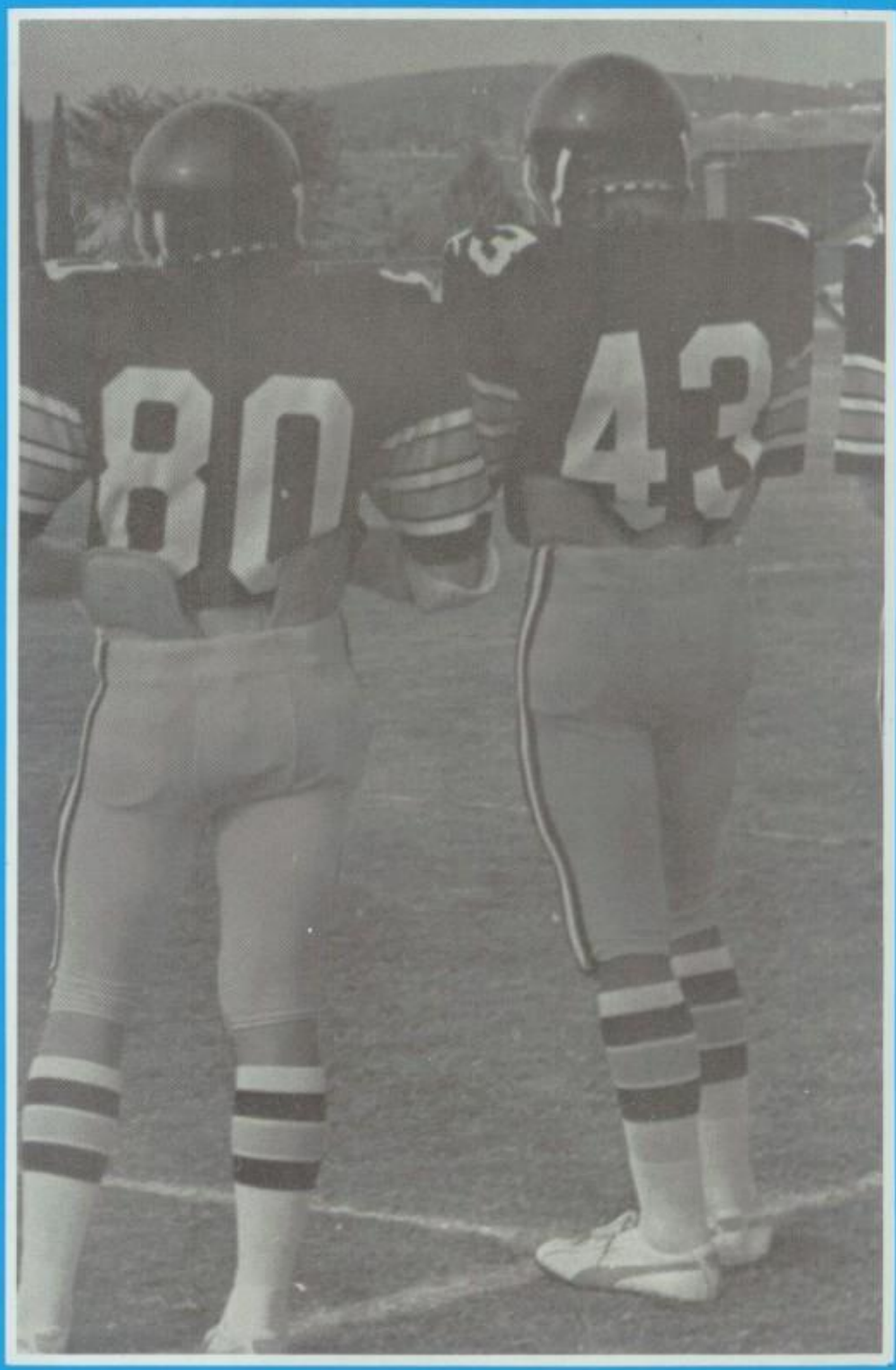
SOPHOMORES MADE IT

Top Row- Jeramy Sykes, John Young, Paul Duville, John Kenefick, Brien Pittman, Tom Martino, Greg Kading, Brien Muller, Kim Kramer, Brien Tayler, Denham Leftwich, Tad Braun, Bob Hayes, Rob Marsh, Dan Westerfield. Middle Row- Chris McGlone, Mike Roberts, Mark Bishop, Mike Kingston, Kevin Steinke, Tom Noble, Ray McKenna, Steve Lanham, Bob Wilkenson, Mike Johnson, Jim Ginther, Rob Flansburg. Bottom Row- Ted Salmon, Ed Lucas, Mike Ortiz, Dean Birtles, Pat Oyama, Brad Boone, Doug McElhane, Mike Davin, Kris Sharrar, Scott Shelor, Rich Chenault, Missing- Doug Staggs, Dreu Smits, Bill Watson. Coach Dave Anderson, Coach Bill Rolfe.

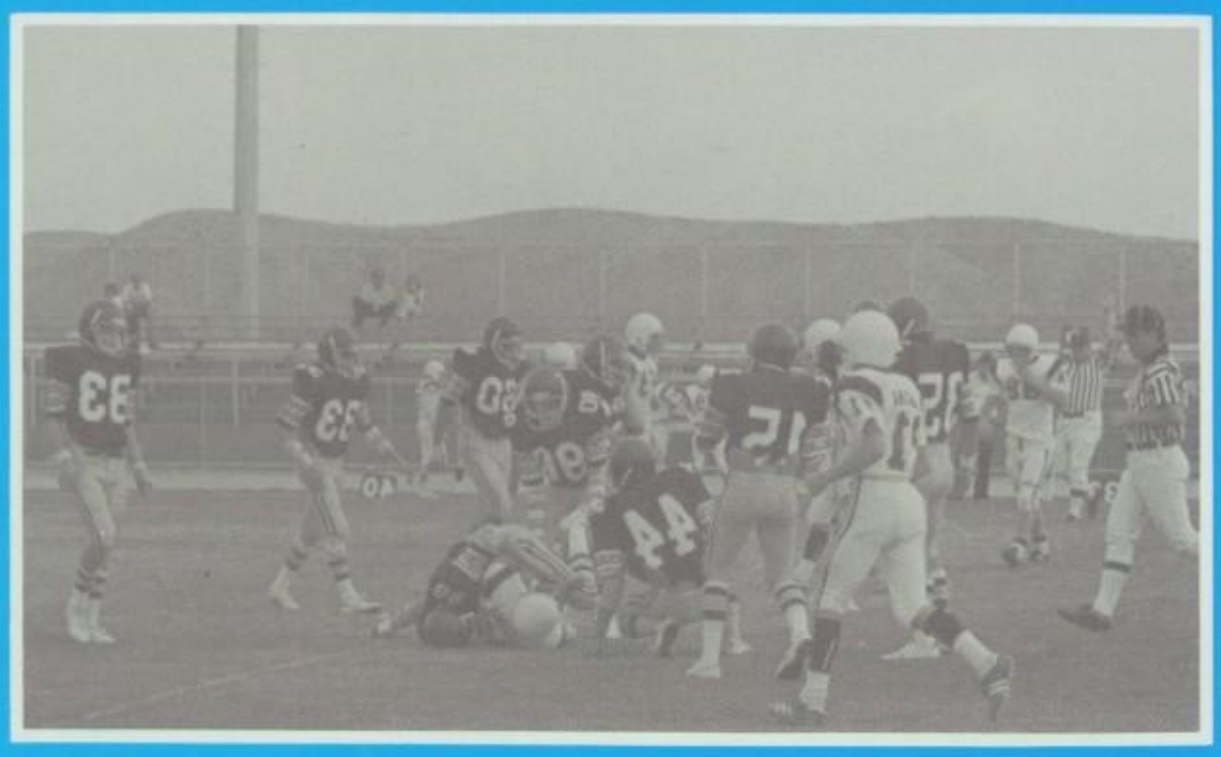


The Capistrano Valley Sophomore Football Team hoped for a winning Season, as all teams do, yet the underclassmen took that goal a couple of steps farther, winning CVHS' first South Coast League Championship for a boys sport. The Cougars, under the leadership of Coach Rolfe had some trouble in route to a 2-2 preseason record, however had little difficulties during a 5-0 league campaign. The defense was led by Brian Mullers' 93 tackles and the teams best blocking lineman, Pat Oyama. Other players singled out by coach Rolfe included Mike Johnson, John Kenefick and Tom Noble. Quarterback Bob Wilkenson directed the offense along with the running of leading scorer, fullback Steve Lanham and top rusher, tailback Mike Roberts.

After an outstanding 8-1 freshmen season and a league championship 7-2 sophomore year, this years underclassmen should help next years 1979 Varsity team to as fine a season as in 1978.



FRESHMEN STILL IMPROVING

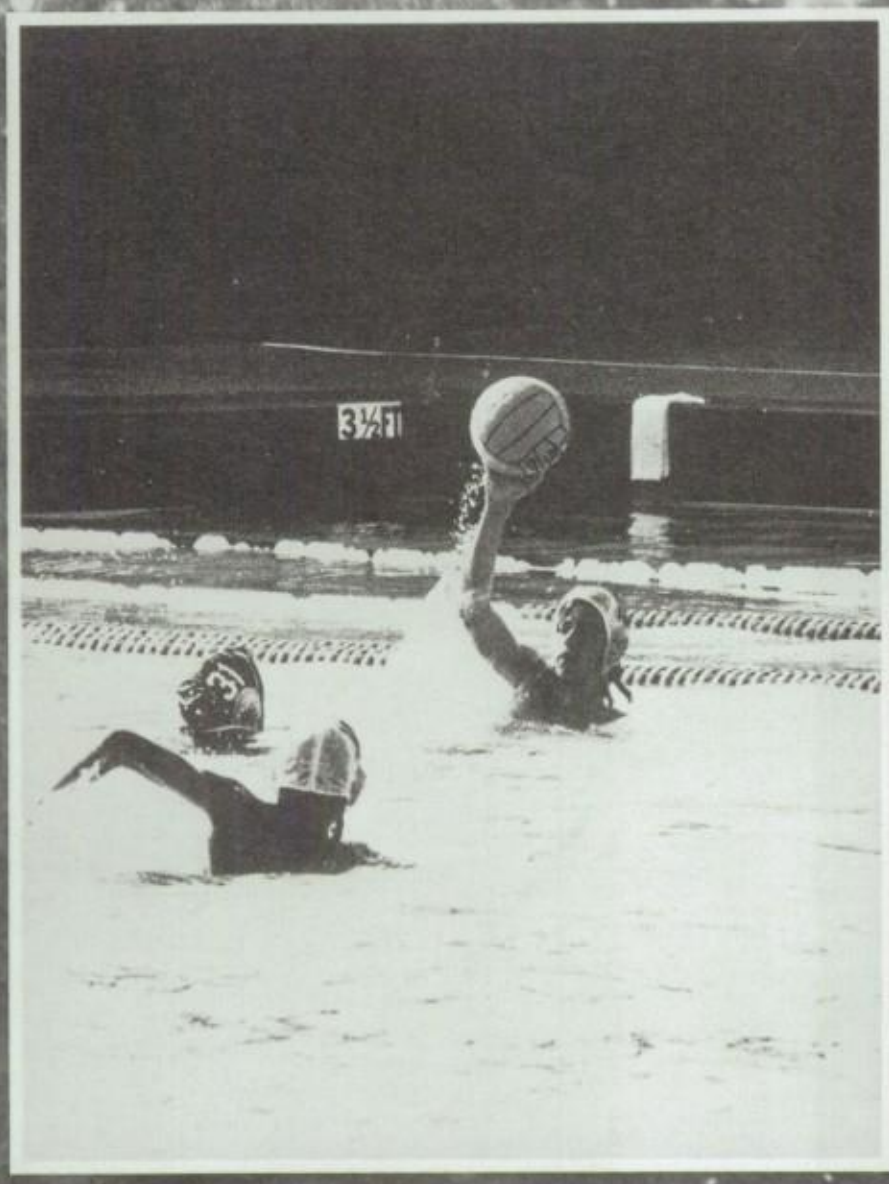


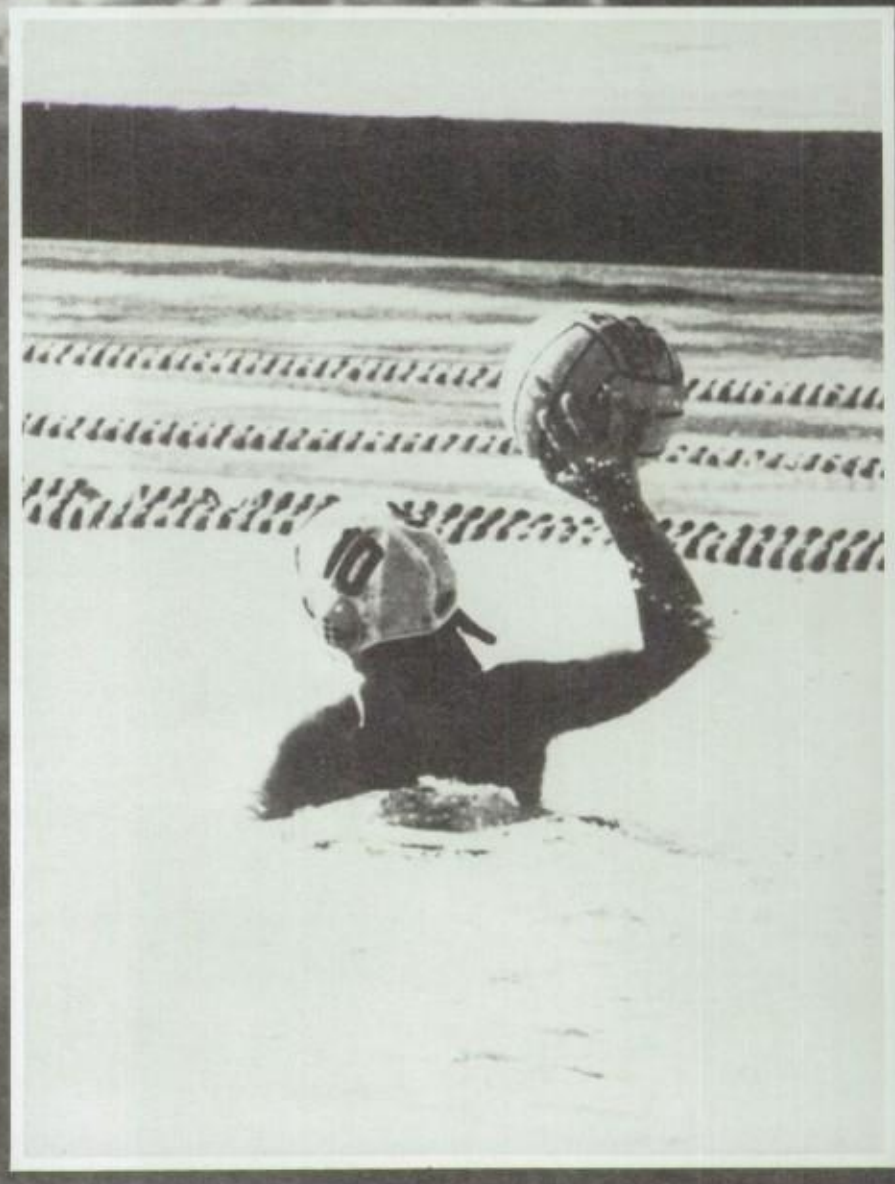
The Freshmen Football team of 1978 had an unusual season for Cougar football teams, losing more often than winning. Their season record is better left unstated, yet there were some high notes for this troublesome team. Such as the play of George Rosenbaum, Jim Neville and Roger LaFaye, and as pointed out by Coach Ray Panici, an outstanding defense.

A couple interesting events were being left without a bus at Mission Viejo High School, and the great loss of players due to injury, during practice. Good Luck sophomores of 1980 and Coach Rolfe, it looks like next year you might need it.

Standing, Ray Panici 81-Scott Monroe 20-Sam Finch 40-George Rosenbaum 32-Rick Dandan 45-Scott Stephens 42-Andy Shepard 82-Terry Leuoteh 50-Chris Romero 80-Brian Lallahan 71-Frank Jacubka 12-Steve Crecion 14-Gary Coffee Kneeling 35-Mike Arone 54-Ruben Yorba 7-Jen Neville 61-Jerry Laskowski 64-Jim Rodman 43-Mike Vargo, Rick Dillon 73-Larry Bray 55-Dyrk Daniels 83-Rick Bell 60-Kris Erickson 84-Dan Dargan Sitting, 15-Roger Lafaye 44-Mark Wisenski 72-Bill Spincola 22-Mohsen Zahedi 33-Carlos Boesler 30-Tony Bell 25-Pat McConnell 88-Jim Corwin 52-Brian Westerfield.

Top row L-R Kelly Bice, Tim O'Brian, Todd Schelderman, Joe O'Brian, Mark Maldonado, Doug Bingham, Mike Cook, Chris Sherrar, John Dickson, Coach Stoddard. Bottom row L-R Chris Schaller, Rob Bitner, Fred Rockwood, Scott Mallberry, Tom Cook, Elwood Giosshrener, Jerry Cox, Tim Kingston.





WATERPOLO COMES UP DRY

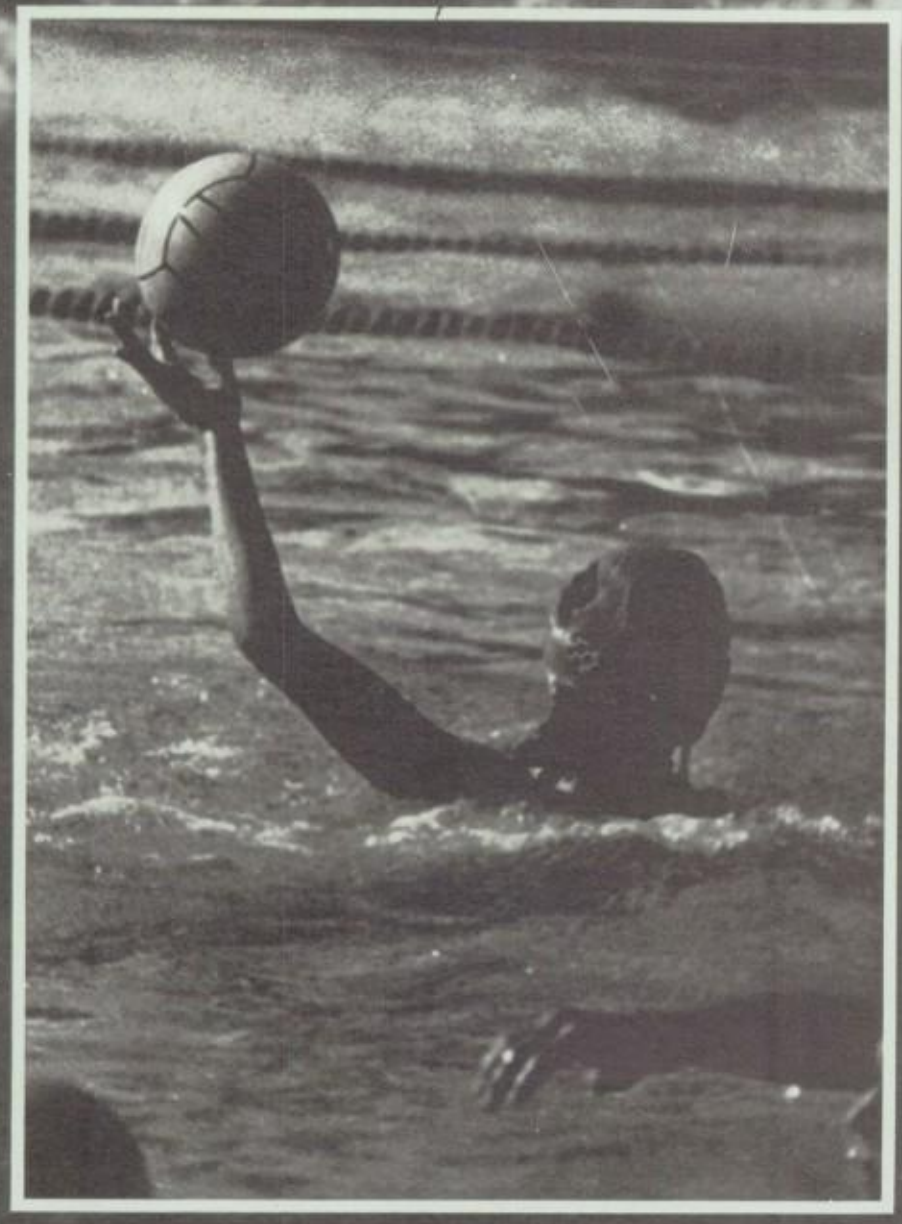
The Capistrano Valley Waterpolo team faced stiff competition this year being in the South Coast 3A league. Improving on last years record with five wins and fifteen losses, the team did recieve the experience needed for next season.

With key Varsity players Mike Cook, Doug Bingman, Mark Maldanado, Joe O'Brien, and Chris Sherman the team put forward the best they possible could.

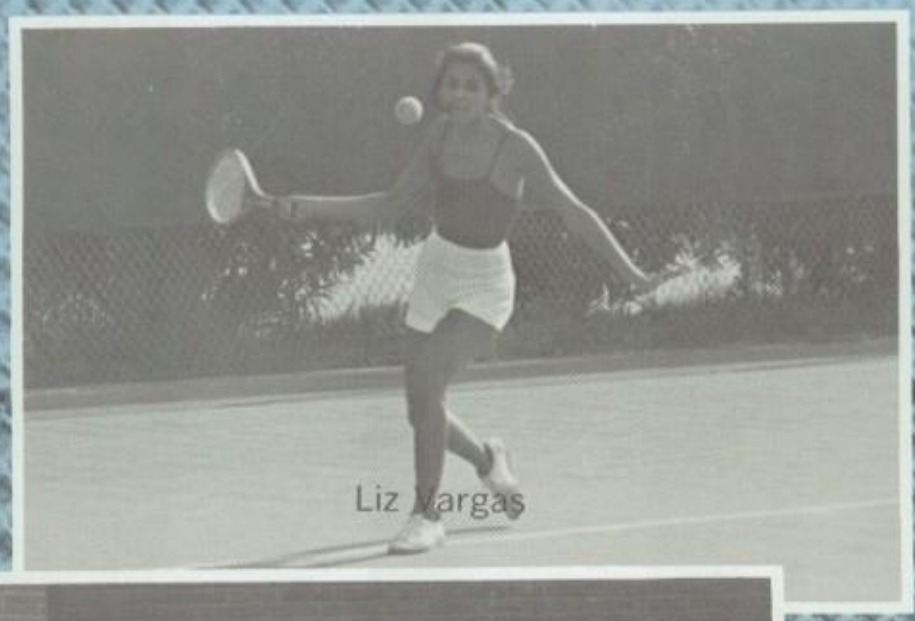
The Frosh-Soph team with a good future coming toward them had many exceptional players, Vince Condra, Gerry Cox, Jeff Ketter, Tim Kingston and Jeff Wilson. Plus an unusual player, Kelly Blice who Coach Stoddard thinks of as "playing real well for the Frosh-Soph team and was a true leader when Captains were absent."

Other team members were Tom Cook, Kriss Dellatta, John Dickson, and Chris Schaller who contributed to Cougar waterpolo.

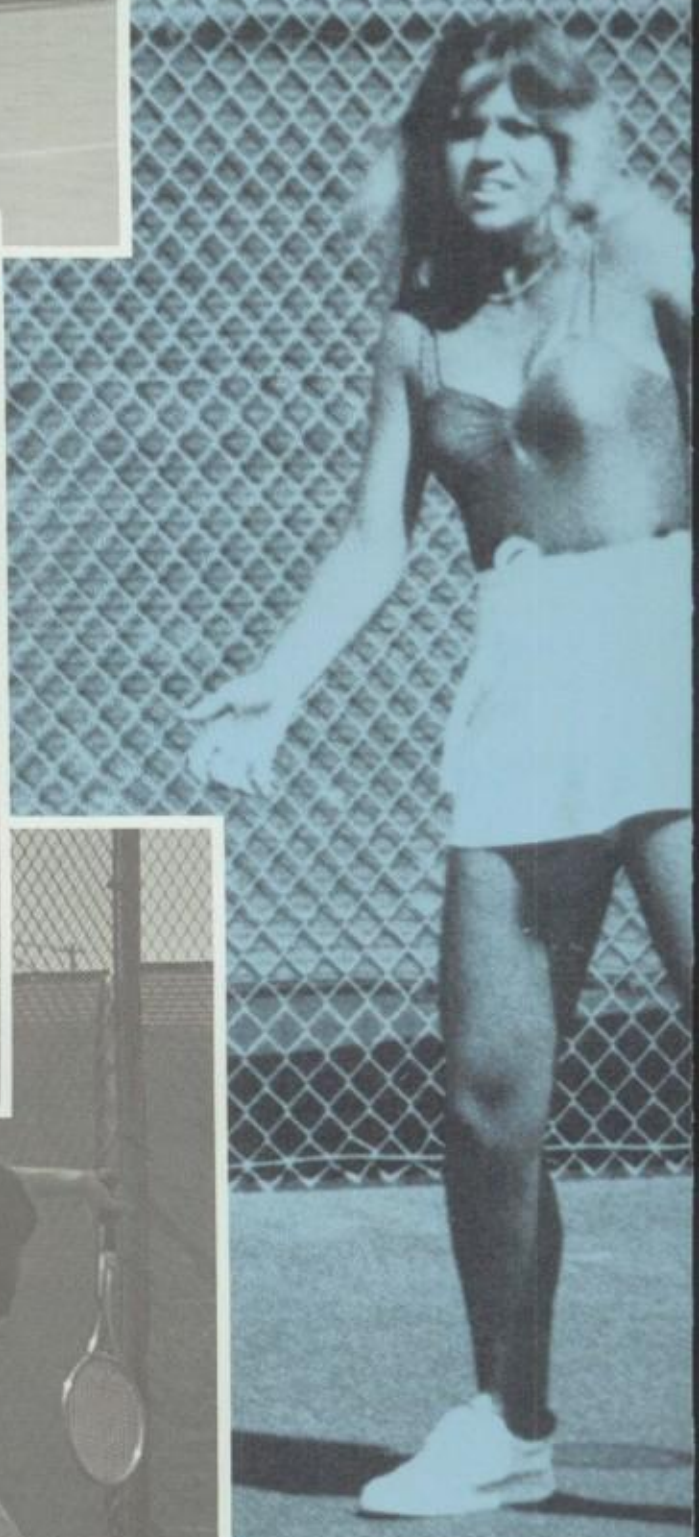
With the team getting better as the season went along and with only two seniors leaving next years seasons should prove to be a great success.



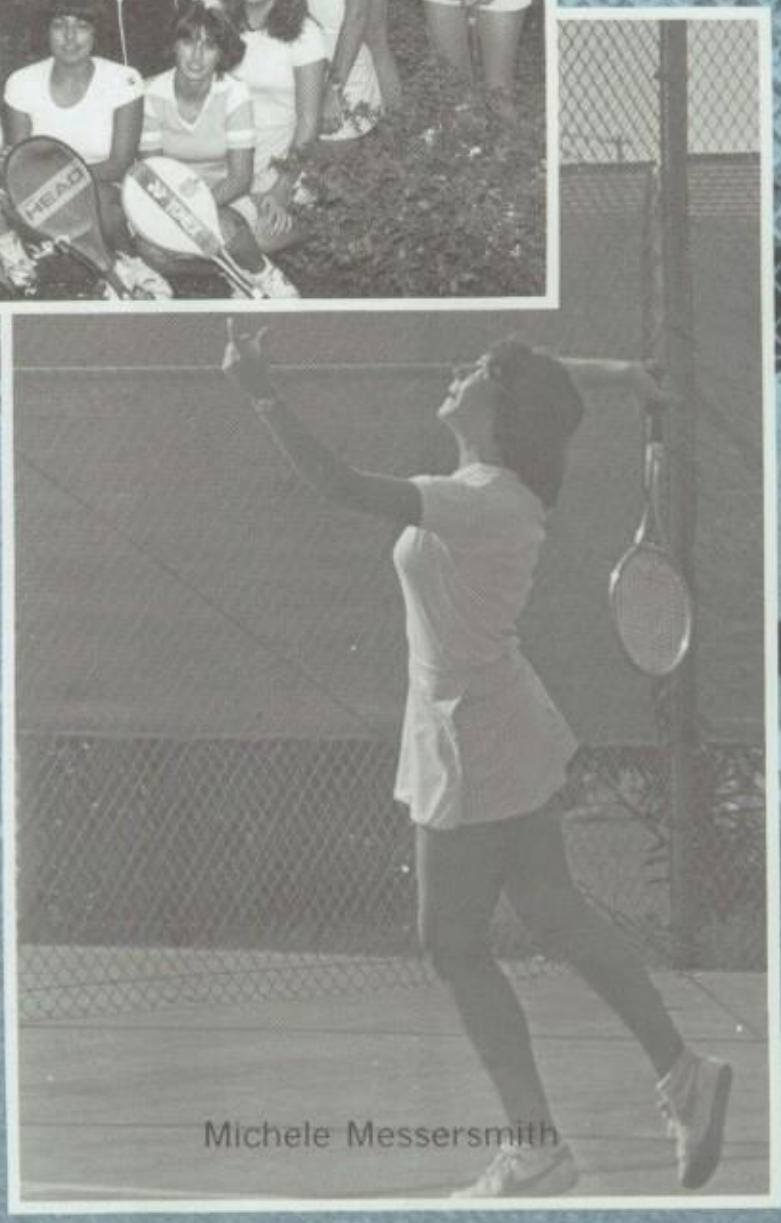
GIRLS SWING TOWARD STRONG



Liz Vargas



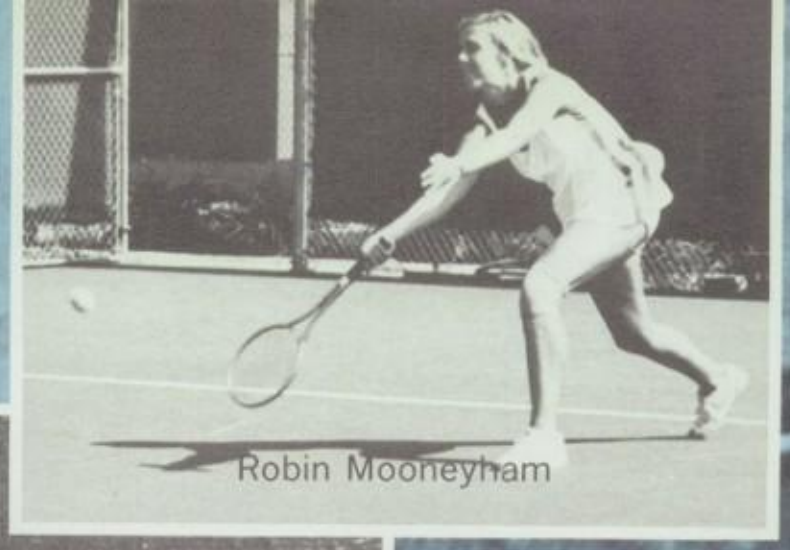
Lisa Stein



Michele Messersmith

STANDING
Chris Reismueller
Penny Parmeter
Margie Buck
Viv Sliepka
Coach Tom Stringer
Pat Laechelt
Steph Rondeau
Robin Mooneyham
Suzanne Luster

SEASON


Robin Mooneyham

Kim Culbert

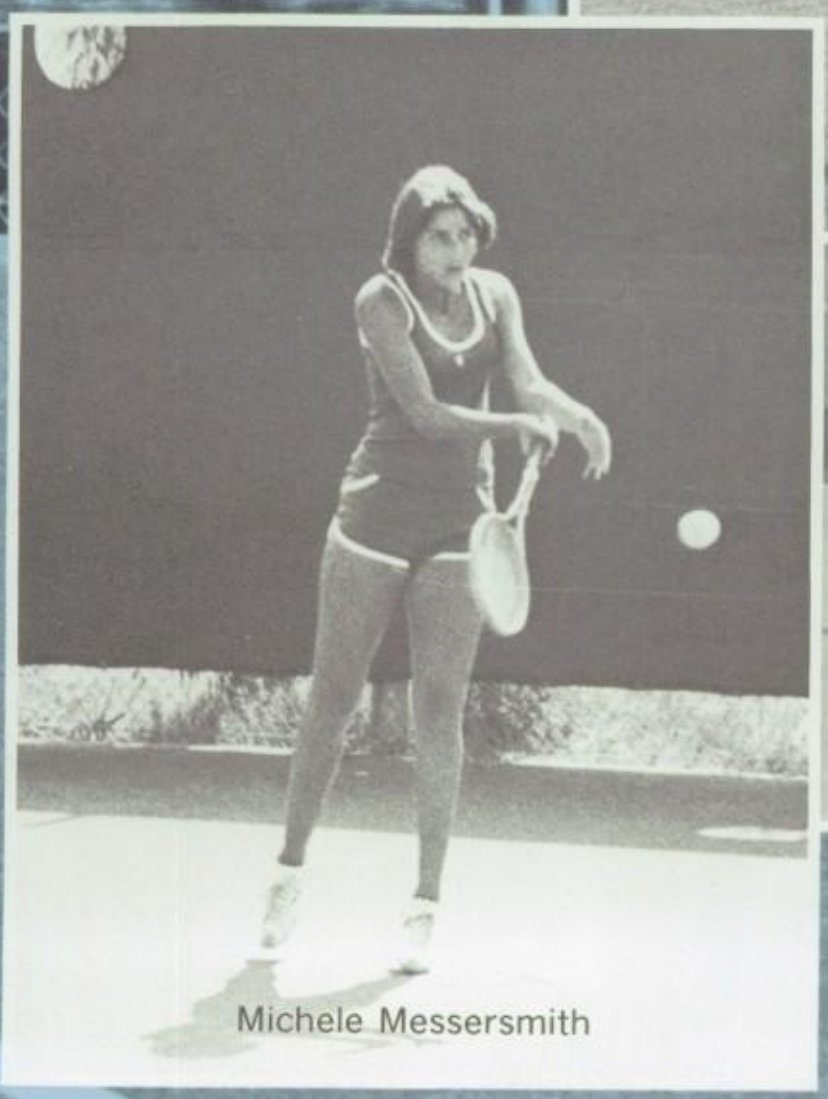
Lisa Stein

The Girls Varsity Tennis Team had a 8-8 record overall and a 2-8 record in the South Coast League. The girls faced difficult competition playing in the league this year. Having to compete against the established San Clemente, Mission Viejo, Dana Hills, and Laguna Beach teams. Defeating Laguna Hills 18-0 twice was the high point of the season. Although losing their other matches the girls always gave their best in order to defeat the opponent.

Not having their own courts was a great disadvantage to the team. But then again the team saw it as a great help having the Capistrano Racket Club for their daily practices.

Michele Messersmith was the #1 singles player and she contributed much enthusiasm to the team spirit. The #1 doubles players, Chris Griego and Terri Williamson were the most consistent winners on the team.

Coach Tom Stinger put out a great deal of time and effort helping the girls achieve their goal, and also striving to achieve Coach Stringers goals. Coach John Harter also gave assistence with the Team.


Michele Messersmith

Chris Griego

TTING
iz Vargas
isa Stein
athy Baker
Michele
Messersmith
im Culbert
hris Griego
aren Mitchell
athy Girar
onnie McDonald
erry Williamson

COUGARS

GIRLS CC 3RD

IN CIF

The girls Cross Country Team had an excellent year. They started out the season shattering El Toro. The girls had 6 dual meets and 5 invitationals. They had a 6-0 record for thier dual meets. In the ivitationals they placed 1st in Costa Mesa, and Mt. Sachs. invitationals. They placed 2nd in Orange County finals and all the rest of the ivitationals

The Team had many hard workers. The most improved were Jeri Baker, Nancy Tanner, and Donna Wilson. With the most valueble being Monica Zapada, Jerri Baker, and Kristen Thorp. These three runners fought for first throughout the year, but at the end Monica came out the leader.

The highlight of the year was not only being undefeated South COAST League champions, but going to C.I.F. and placing 3rd in the finals.

The team was like a family, everybody helping each other. This togetherness made all the hard work worth it. For Coach White and all of the team it was a worth while and positive experience.

Top row L-R Lynne Boucher, Lisa Powell, Karen McCollum, Julie Mortenson, Diane Bathgate, Dawn Paliska, Laura VanPuerson, Wendy Wolfe. Back row L-R Gina Najm, Kristen Thorp, Monica Zapada, Nancy Tanner, Sharon Compton, Donna Wilson.

Mike Ramirez

Top Row- Scott Campbell, Brent Celestin, Jon Wilder. Bottom Row- Scott Wiegert, Thom Foserty, Mark Woodall.

Top Row- Alex Kotowitz, Matt Birtle, Steve Weidmier, Chip Lucy, Alan Busby. Bottom Row- Pho Huynh, Mike Bryant, Brian Thibodaux, Paul Dreyer.

FOGERTY LEADS DISTANCE RUNNERS

This years Cross Country Team had a very good year. With only a few Seniors graduating next years team should be better than ever.

The boys team had 6 dual meets, including a very satisfying victory over San Clemente. Their invitational meets showed how strong they were against tough competition.

The team had many improved runners, but the most improved were Scott Campbell, Brian Thibodaux, and Felix Salas. With the most valuable being Thom Fogerty, who contributed much to the team.

Coach Tom White enjoyed coaching this years Cross Country team, hopefully the [illegible] be back next season to see the team stronger than ever.

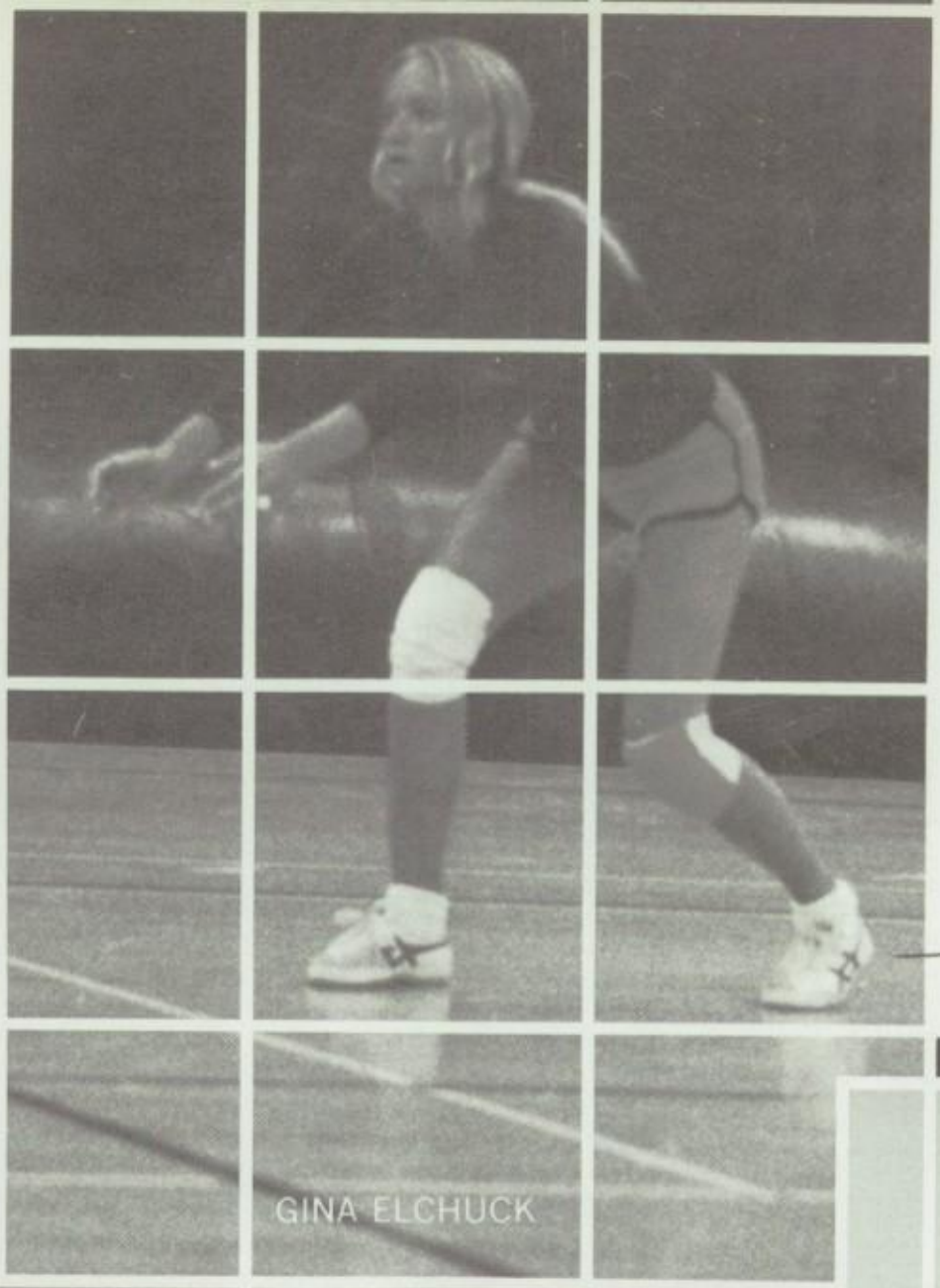
Top Row- Tracy Gabri[illegible] Ra[illegible]awcett, Todd Celestin.
Bottom Row- Felix Salas, Fred Cosby, Paul Houston.

Todd Celestin

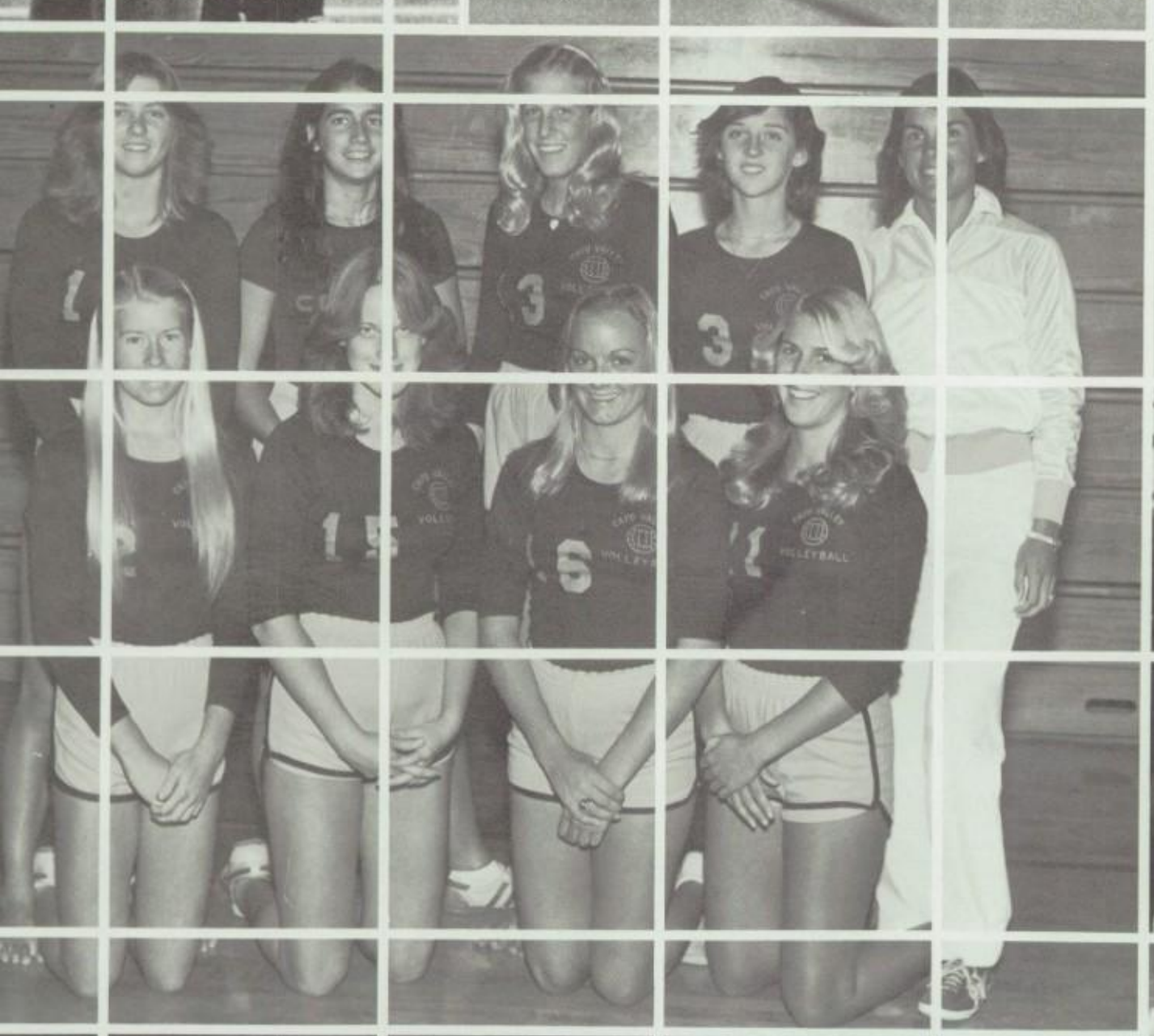
TERRI DE BUSK
CAROL WHITNEY
COACH PARKER
GAIL GRABOWSKY
KERRI NELSON
GINA ELCHUCK
GAIL GRABOWSKY
TERRI DE BUSK

COACH SMITH

COACH PARKER



GINA ELCHUCK

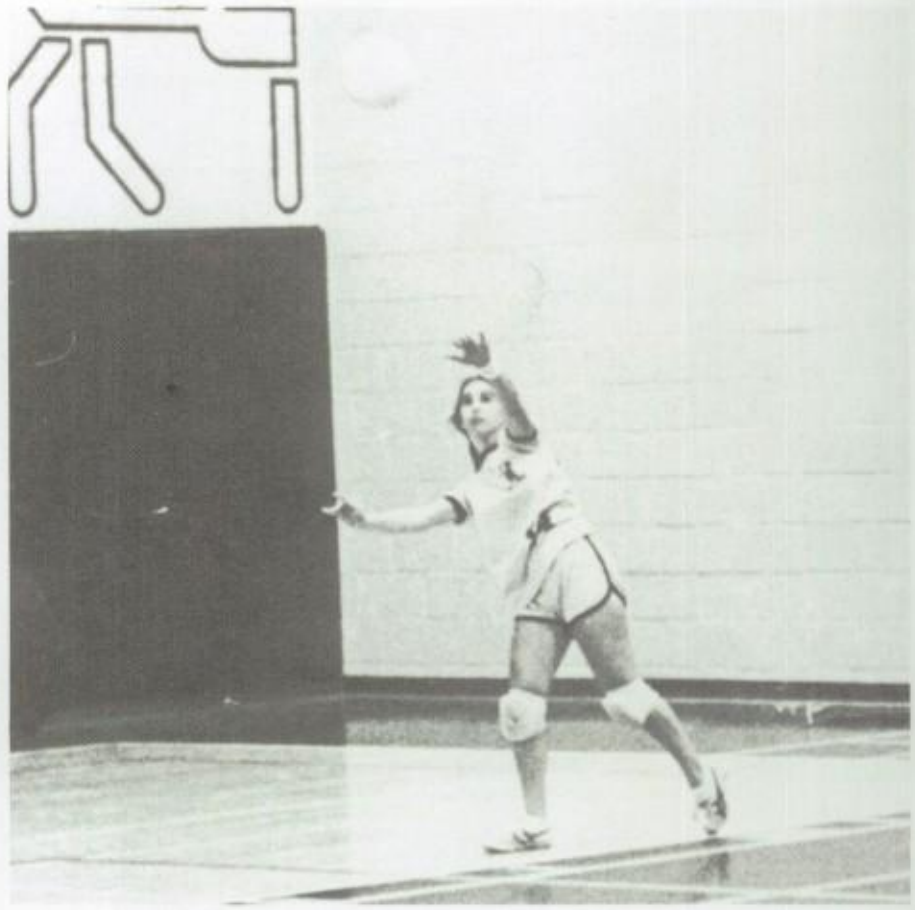


Top Row L-R Terri DeBusk, Michele Bodnar, Gail Grabowsky, Jennifer Robins, Coach Parker, Top Row L-R Cindy Floyd, Kari Nelson, Gina Elchuck, Lynn McDonald

LYNN MC DONALD

ITS ALL IN A DAYS

Back Row- Shelly Swank, Sheri Faanes, Kathy Williamsen, Paula Sturdevant, Jana Brower, Mikel Hall, Linda Trotta, Kathy Kosseth, Front Row- Cindy Smith, Debbie Strano, Cathy Cover, Traci Staud, Chrissy Oldham

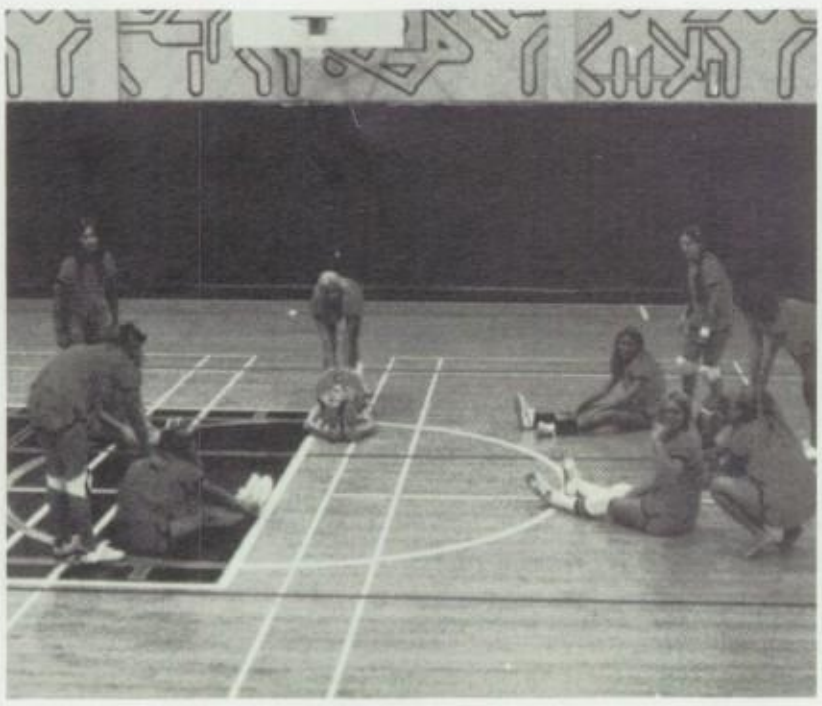


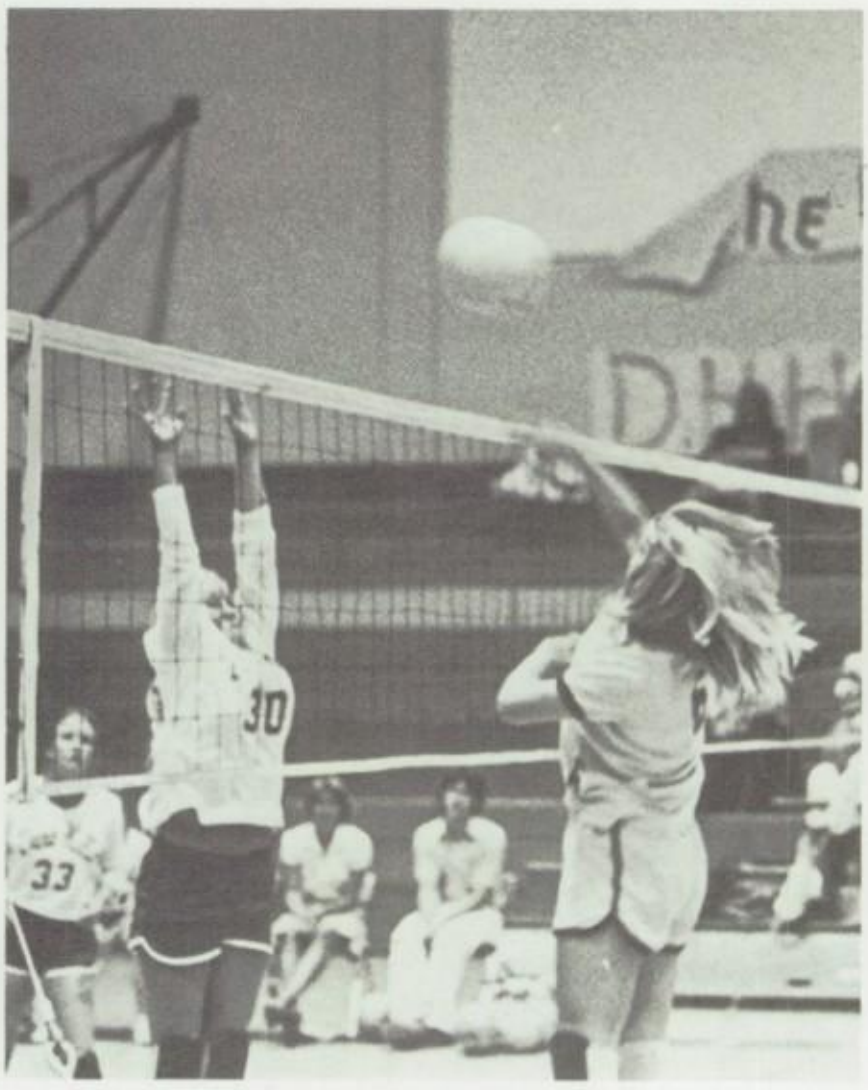
GAME

Heading this year's Varsity Volleyball Team was Coach Parker, who with much enthusiasm and experience helped the girls to a satisfying season. Although their record was 2-8, they played with highly skilled techniques. Their match against Laguna Hills proved the girls have potential with a clear sweep out.

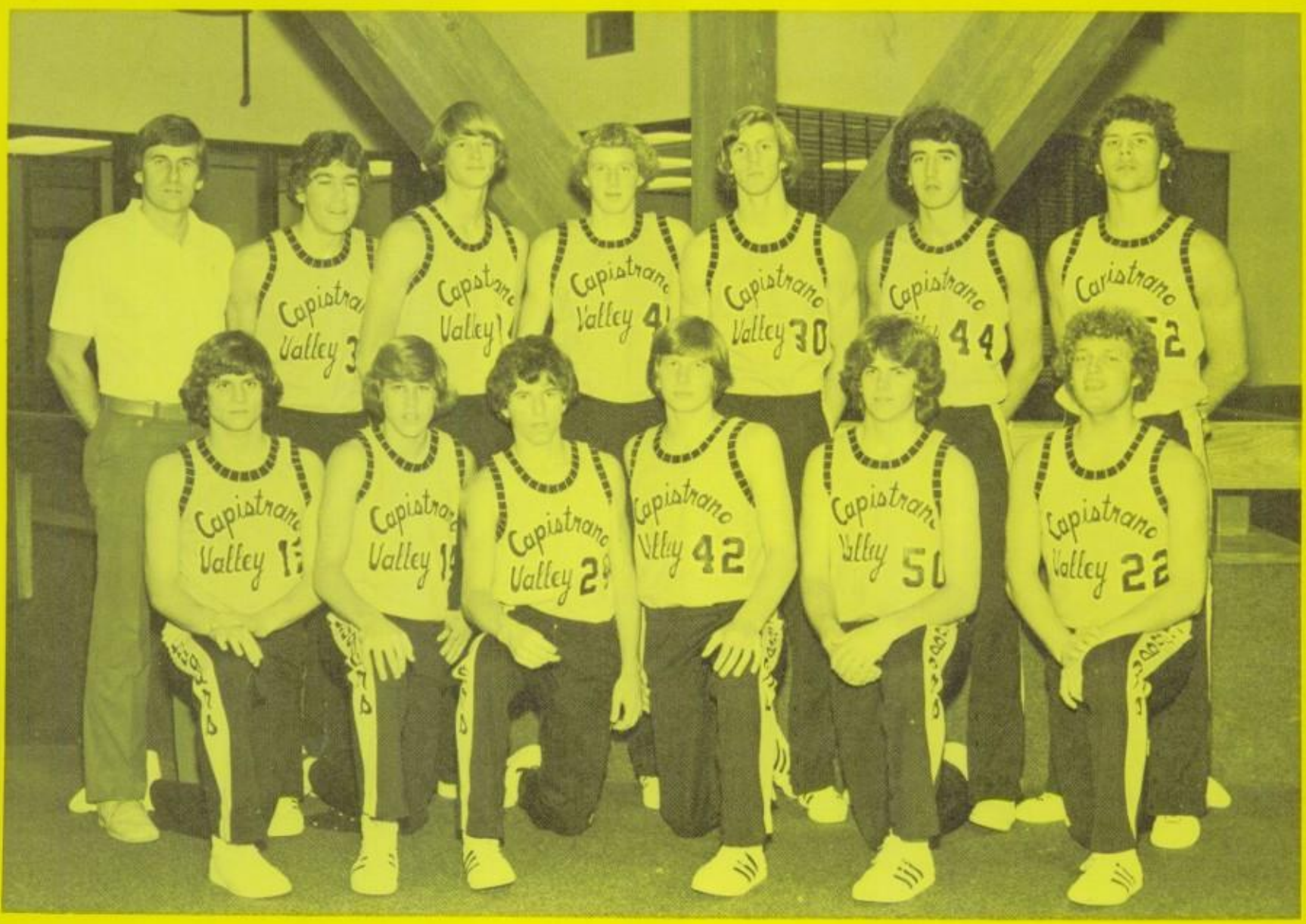
Coach Parker is "Very proud of her team this year and is happy with the capability they have on the court." She feels "The experience and training will be well worth the effort for next year." High hopes for CIF are in store because the girls will be more comfortable and experienced working together.

Gail Grabowsky, a Sophomore and Terri Debusk, a Freshman, were among the teams well shaped players, both improving greatly this season. They were consistent and outstanding on hitting passes. Cindy Floyd and Jenny Robbins also did a fine job. With the amount of time put out by the girls this year, plus they are only losing one Senior, Carol Ann Whitney, who helped the team with her consistency on the court. They will for sure be a threat in their 4A top ranked league.

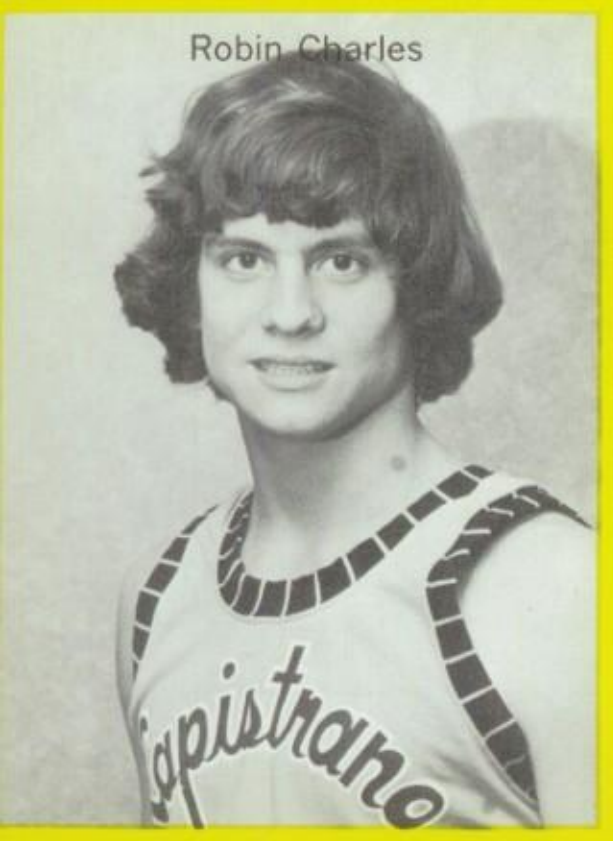




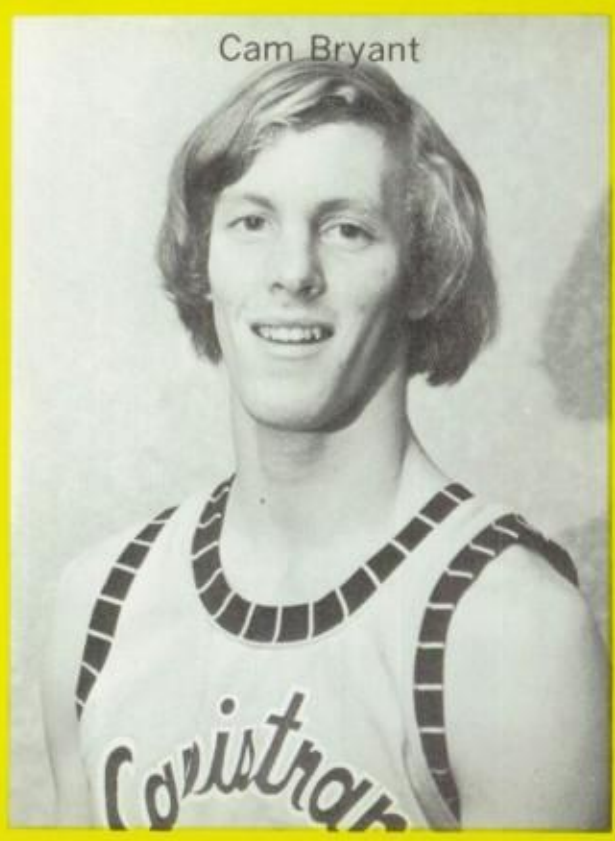
VARSITY CAGERS
GREAT TEAM-GREAT COACH!



Standing-Coach Mike King, Brett Mckenzie, Bert Fenenga, Bill Strickland, Cam Bryant, Dan Leftwich, Mike Dunivan, Kneeling-Robin Charles, Bob Shubert, Wayne Call, Pete Ronca, Nick Stein

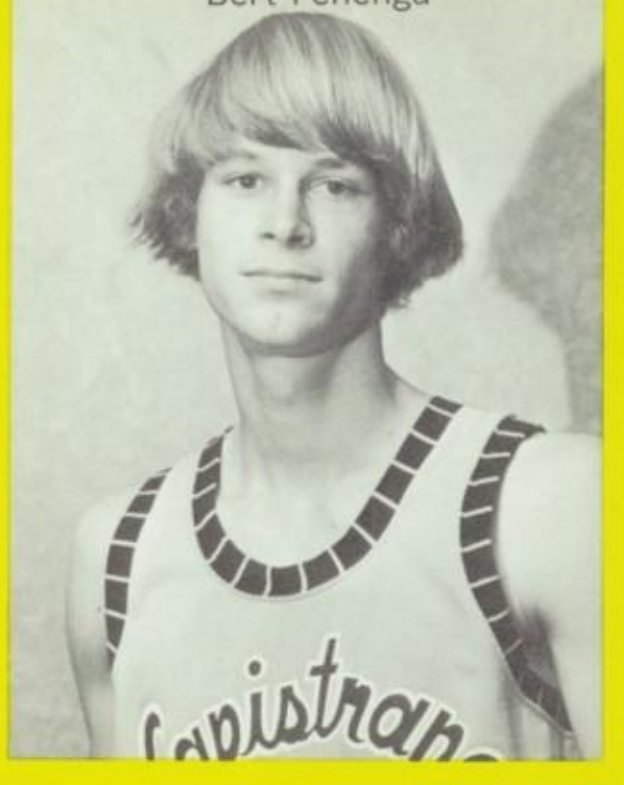

Robin Charles

Bill Strickland

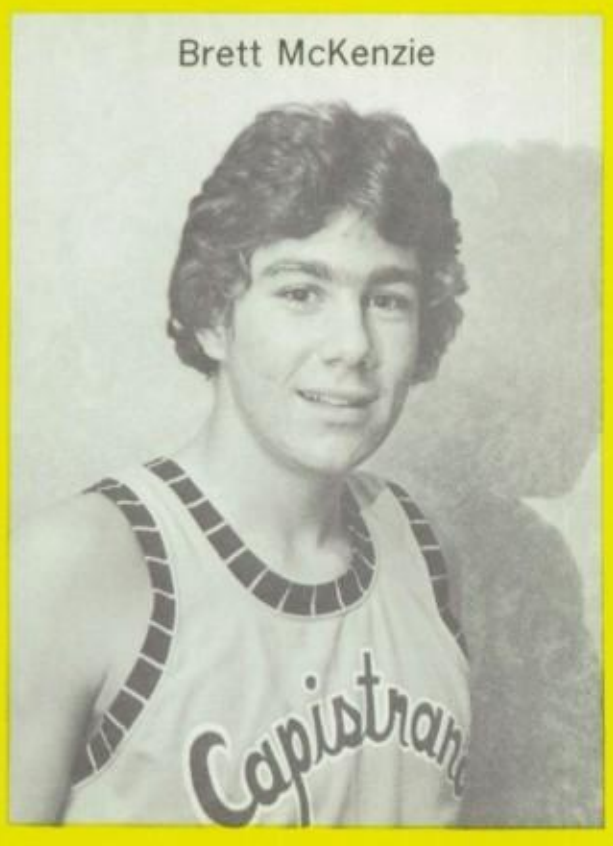

Cam Bryant

Coach Mike King

Bert Fenenga

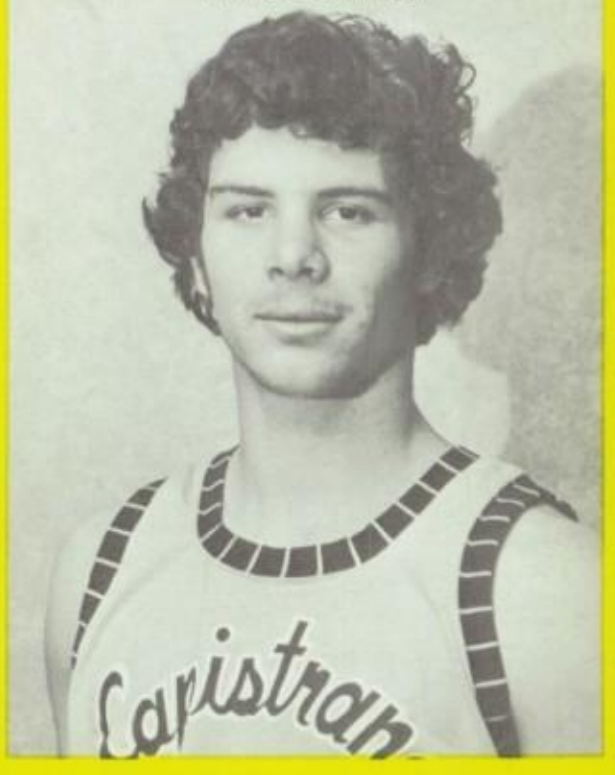


Brett McKenzie

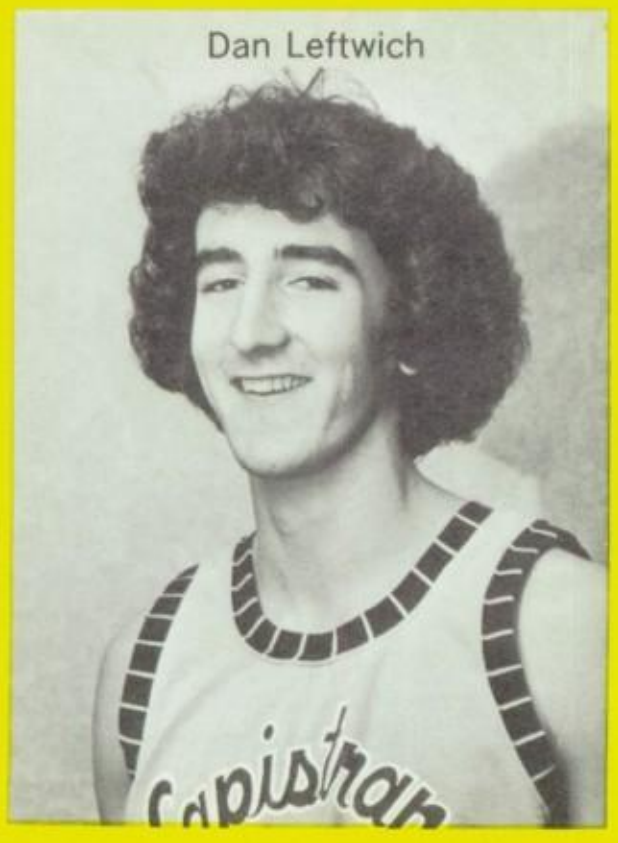


Wayne Call

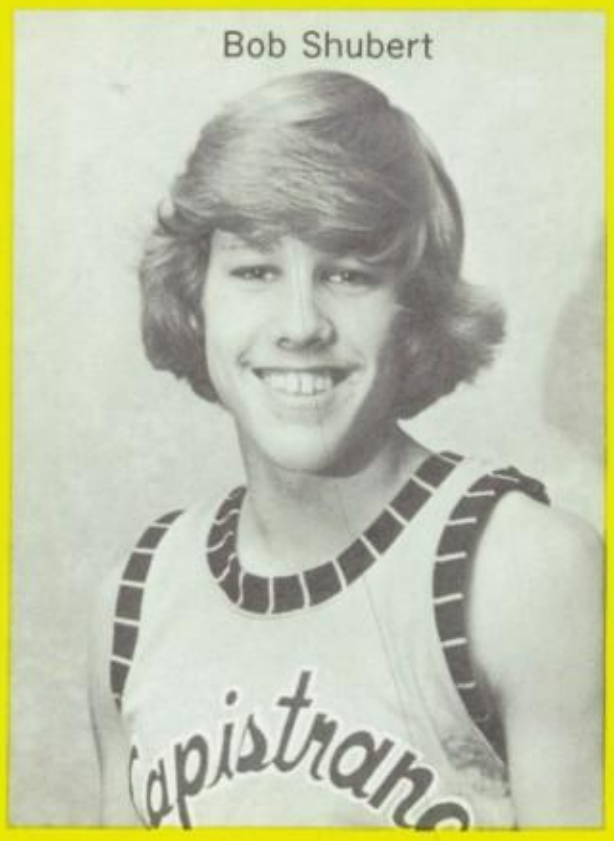
Mike Dunivan



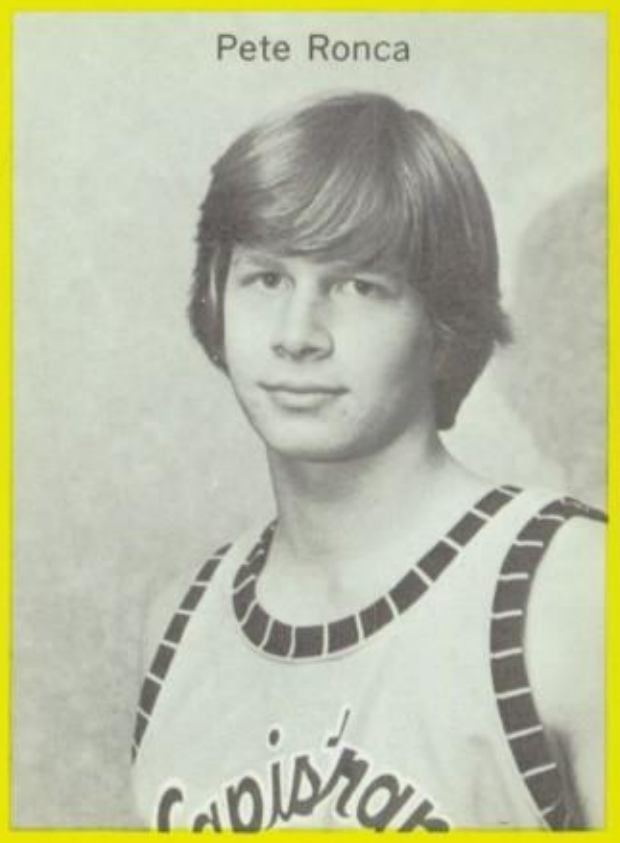
Dan Leftwich



Bob Shubert



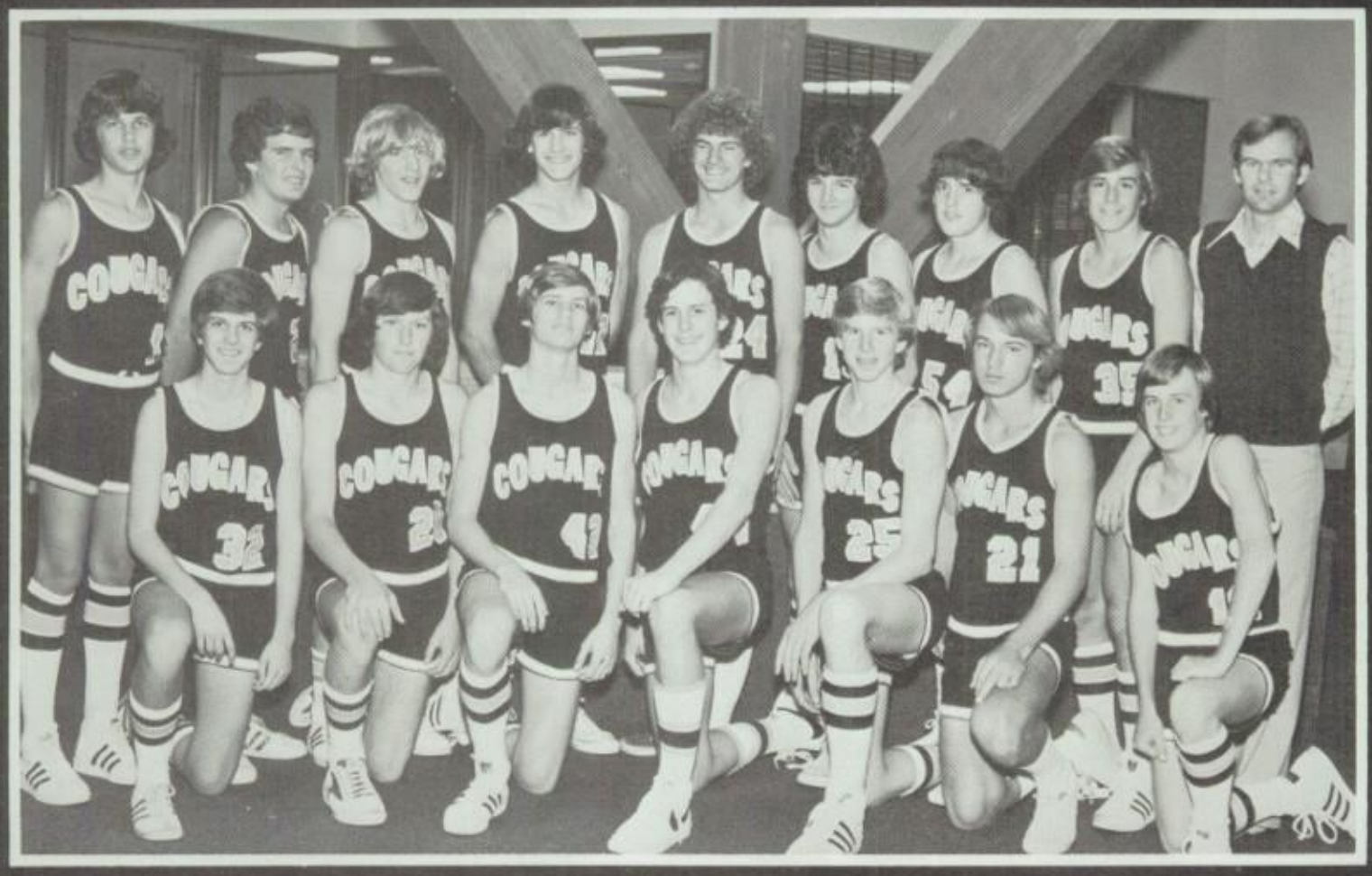
Pete Ronca



JV

STANDING
Coach Kaefer
Yee Waw Fong
Steve Gaines
Dan Westerfield
Darren Klein
Tony Lacava
Kneeling
Tim Ryan
Eric Pyleman
Lance Reed
Mark White
Deham Leftwich

SOPH



Standing
Jeff Chaska
Scott Wallace
Eric Fox
Josh Haryung
Brian Pittman
Ray McCana
Mark Bishop
Ron Viggiano
Coach Eric
Christiansen
Kneeling
Steve Mc Clain
Steve Freidman
Kim Kramer
Mike Bell
Chris Schaller
Andy Heins
Kirk Mc Falls

FROSH

Standing
Paul Whitetooth
David Dezern
Dan Ryan
Willie Varga
Mike Bell
Brian Westerfield
Jim Manly
Gino LaCava
Coach Rich Mraule
Kneeling
Scott Monroe
Greg Haley
Scott Stevens
Dan Dargan
Mike Lavoche
Gary Cone

Capistrano
Valley 52

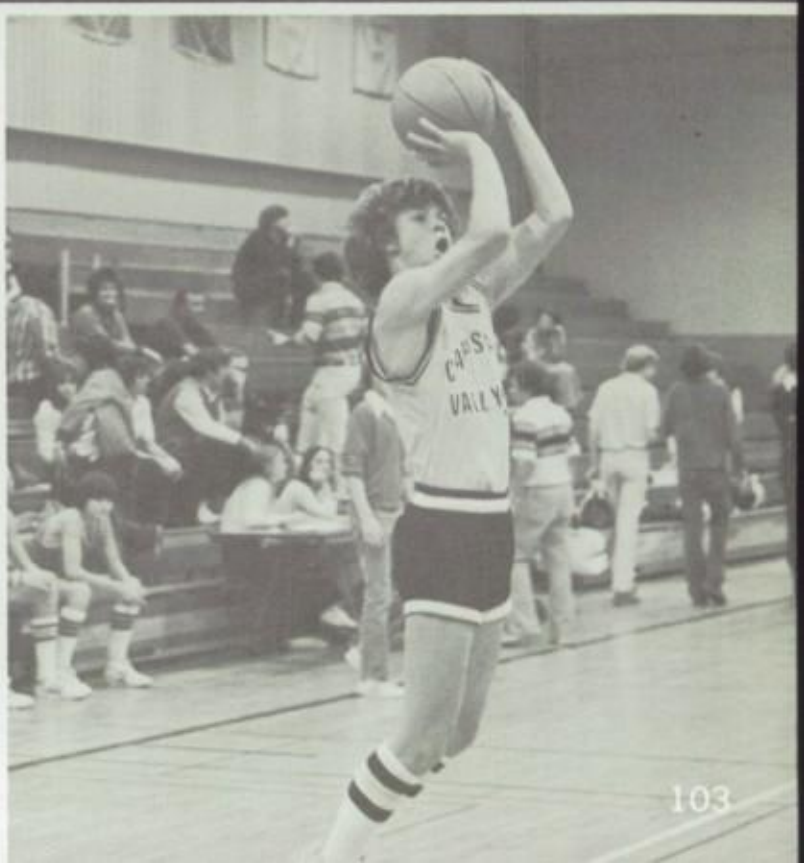
Cougars
30

32
34

11
23

50

30



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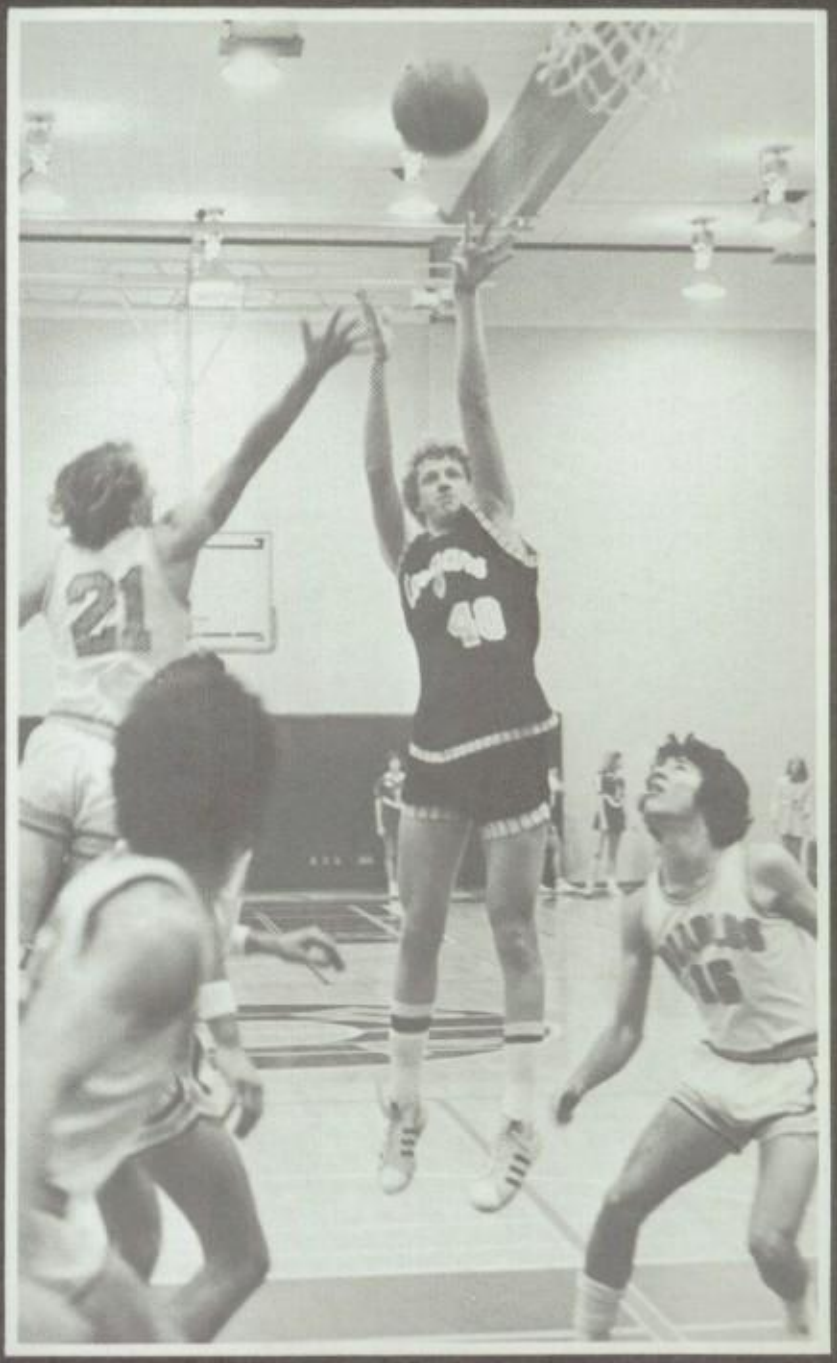
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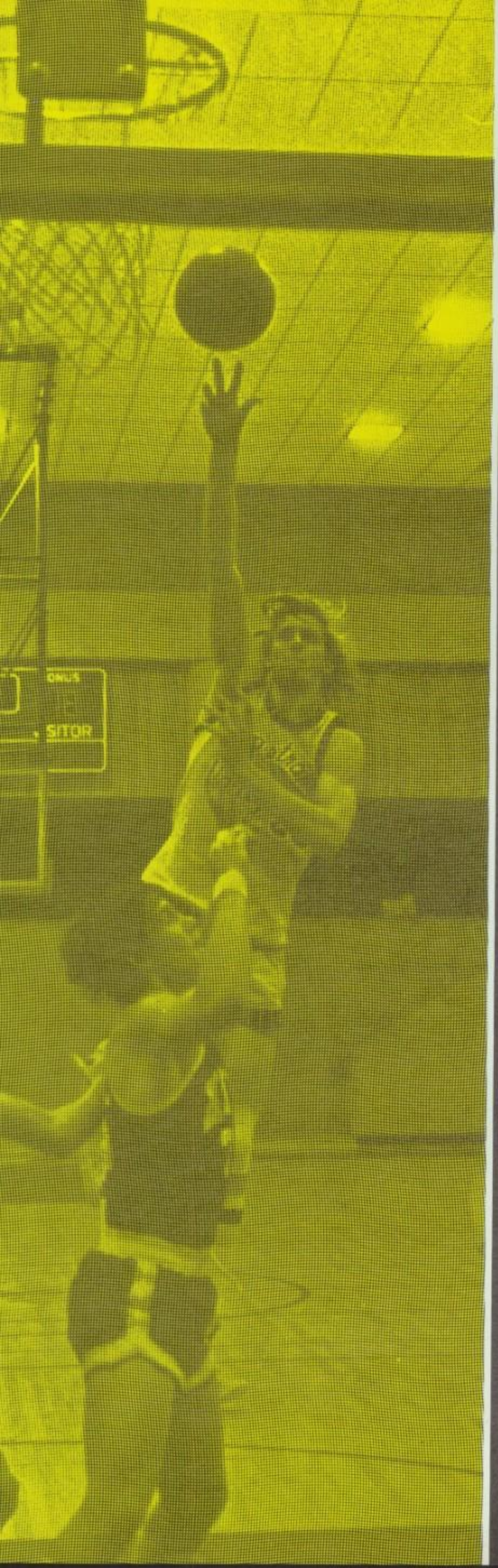
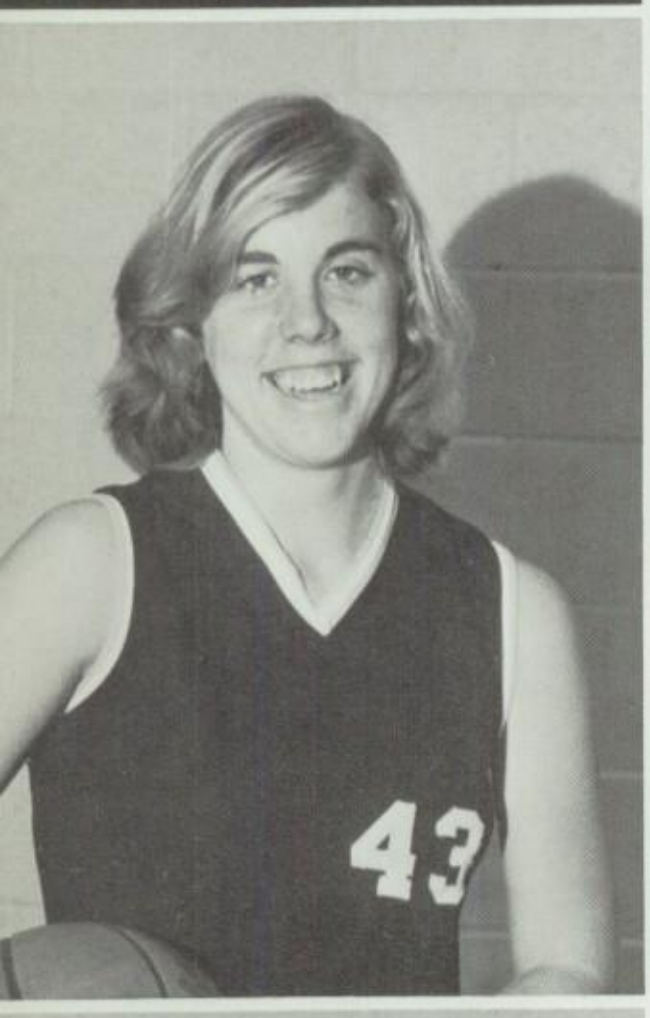
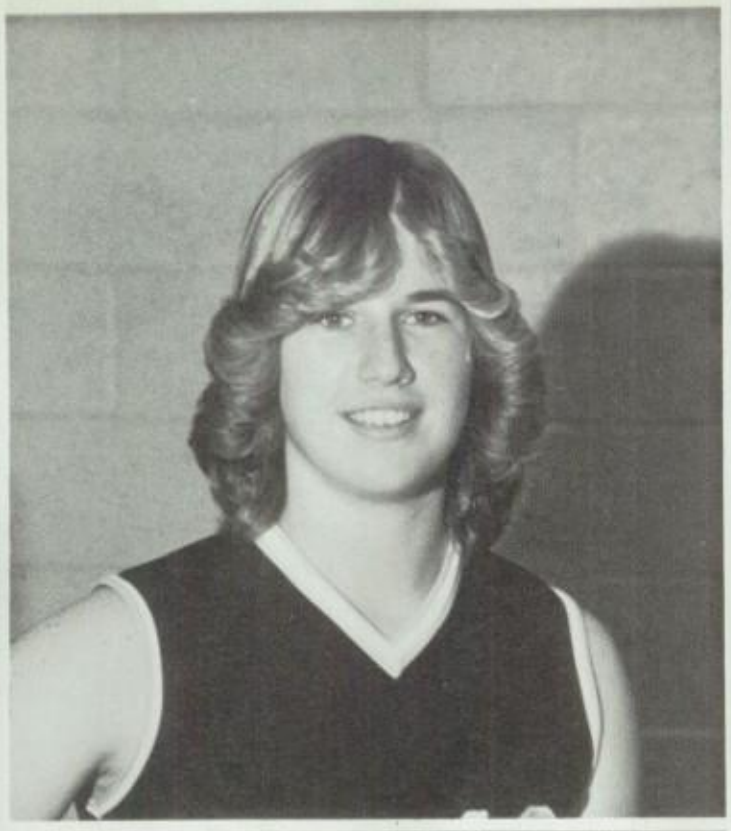


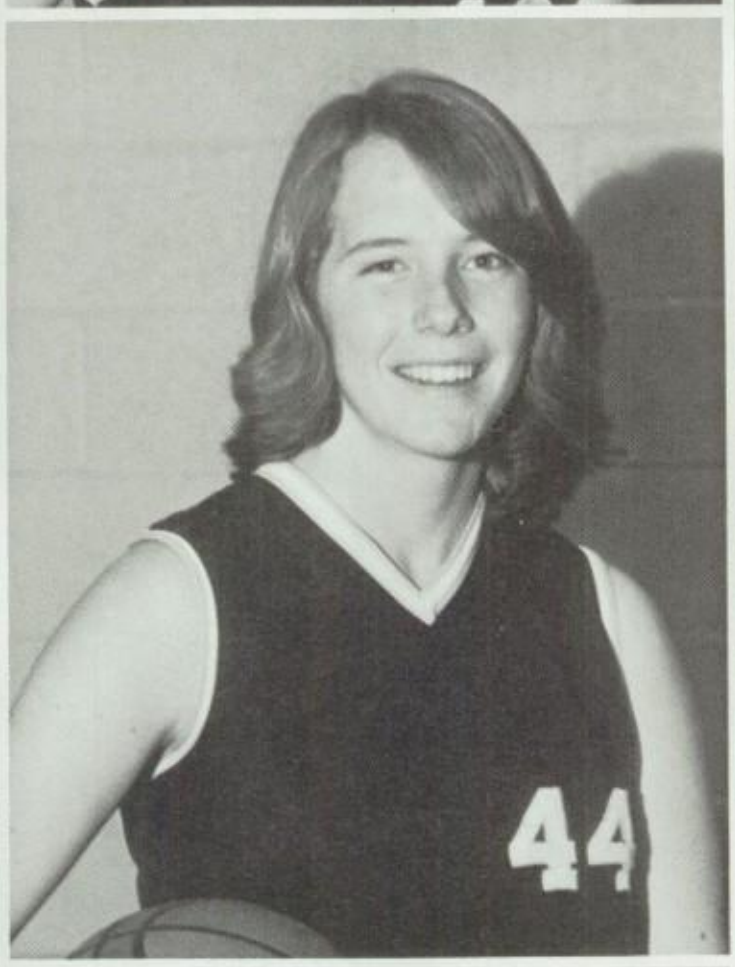
"SHOOT FOR THE STARS"

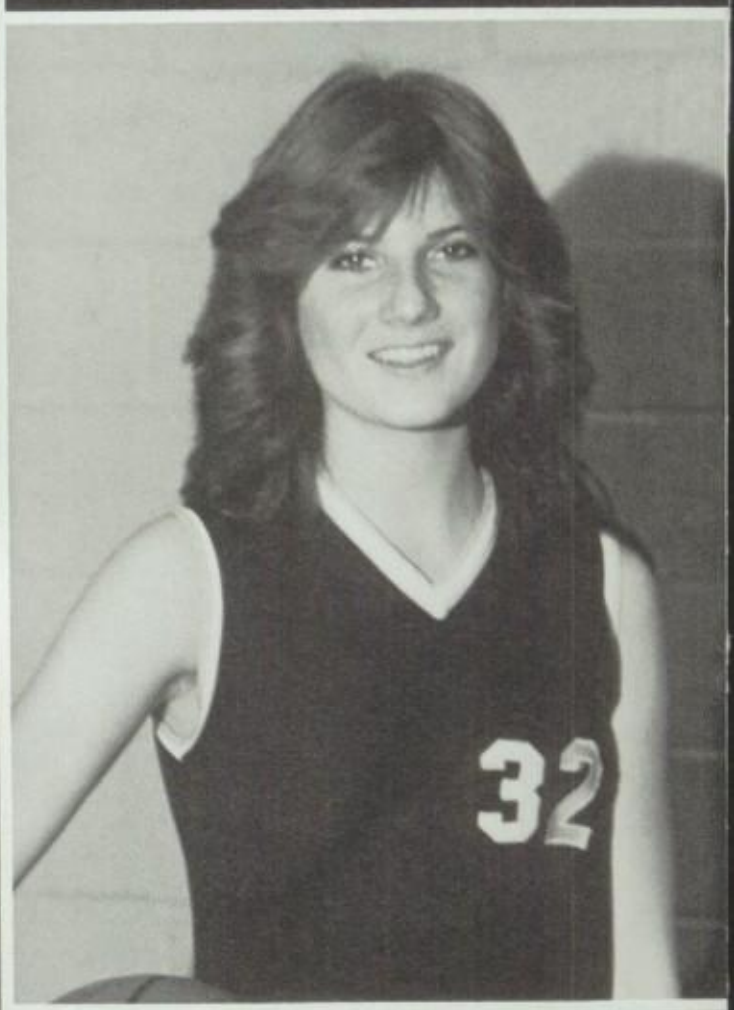
The Capistrano Valley Varsity Basketball team fought their way through one of the toughest leagues in CIF to finish the year in fourth place. From Glendora High School came Coach Mike King and his prospects toward building a strong program at all levels. The Varsity season started slow with four of the nine players finishing the Football playoff campaigh. Ending the year with a record of 13 wins and 10 losses, Coach King complimented Senior Robin Charles, Junior Bill Strickland, and Sophmore Cam Bryant as the most outstanding players on the squad. Although disappointed at not making the CIF playoffs the Cougar Cagers provided an exciting season and Coach King must be congradulated upon the tremendous way his team developed pride in the program with the players and the student body at CVHS. The results look bright for the future of Capistrano Valley Basketball.

COUGARS







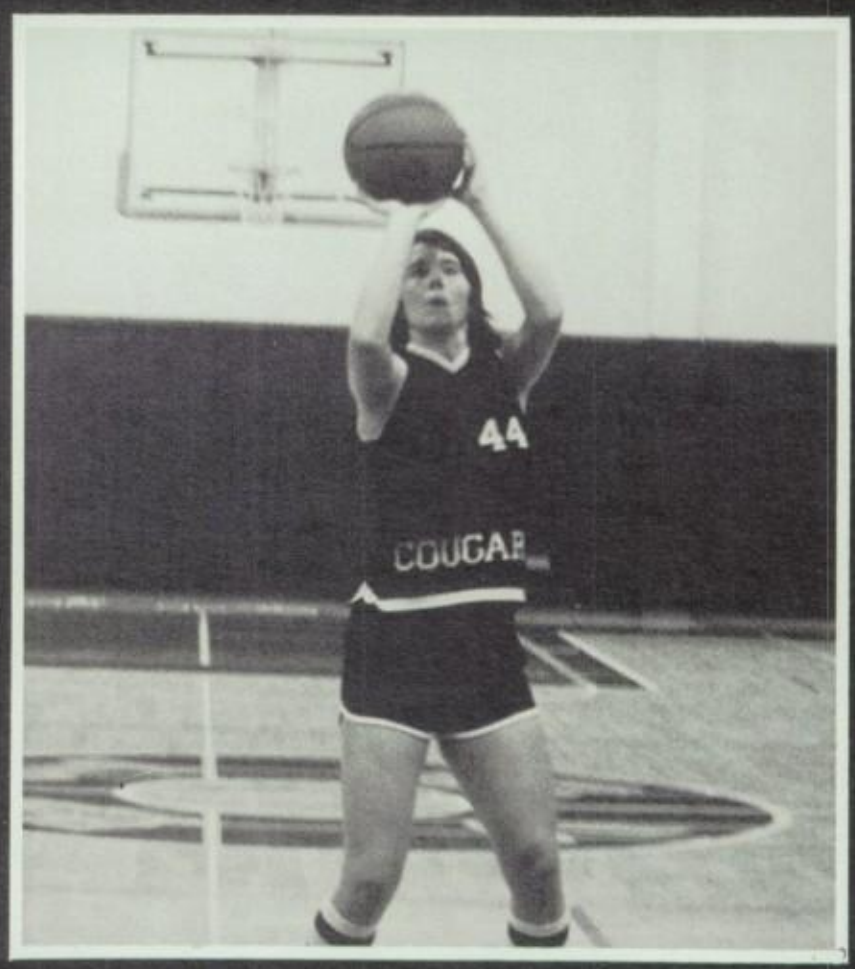


#43 Robin Mooneyham
#22 Sue Chaska
#42 Stephanie Rondeau
#44 Terrie Williamsen
#45 Erin O'Hagen
#32 Thyra Ladyman
#35 Cindy Smith

DOMINATE THE COURT

L.-R. Coach Mohit, Cindy Smith, Erin O'Hagen, Robin Mooneyham, Terrie Williarnsen, Thyra Ladyman, Stephanie Rondeau, Sue Chaska, Coach Steinreide

Sue Chaska Goes For the jump



Terrie Williamsen takes a free throw

Girls Basketball

One of the most successful teams thusfar this season was the girls varsity Basketball team. Reaching the quarter finals of the CIF playoffs the team orientated Cougar girls finished the season 20-3. Coaches Steinreide and Mohit built the team around Robin Mooneyham, Terri Williamson, Erin O'Hagen and Thyra Ladyman, with Ladyman, Cindy Smith, and Sue Chaska returning next years team should again be highly competitive.

SOCCER IS A

Top Row-Mike Ramirez, Marty Turner, Pete Lawrence, Todd Trask, Mark Stiglebaur, Dave Trask, Mike Lawrence, Si Zaheki, Howard Sewell, Mark Mora, Coach Ron Willms Bottom Row-Farhad, Alfredo Gonzalas, Mark Romero. Mike Reissmueller, Juan Escutia, Guy Johnson, John Shaver, Casey Kelley

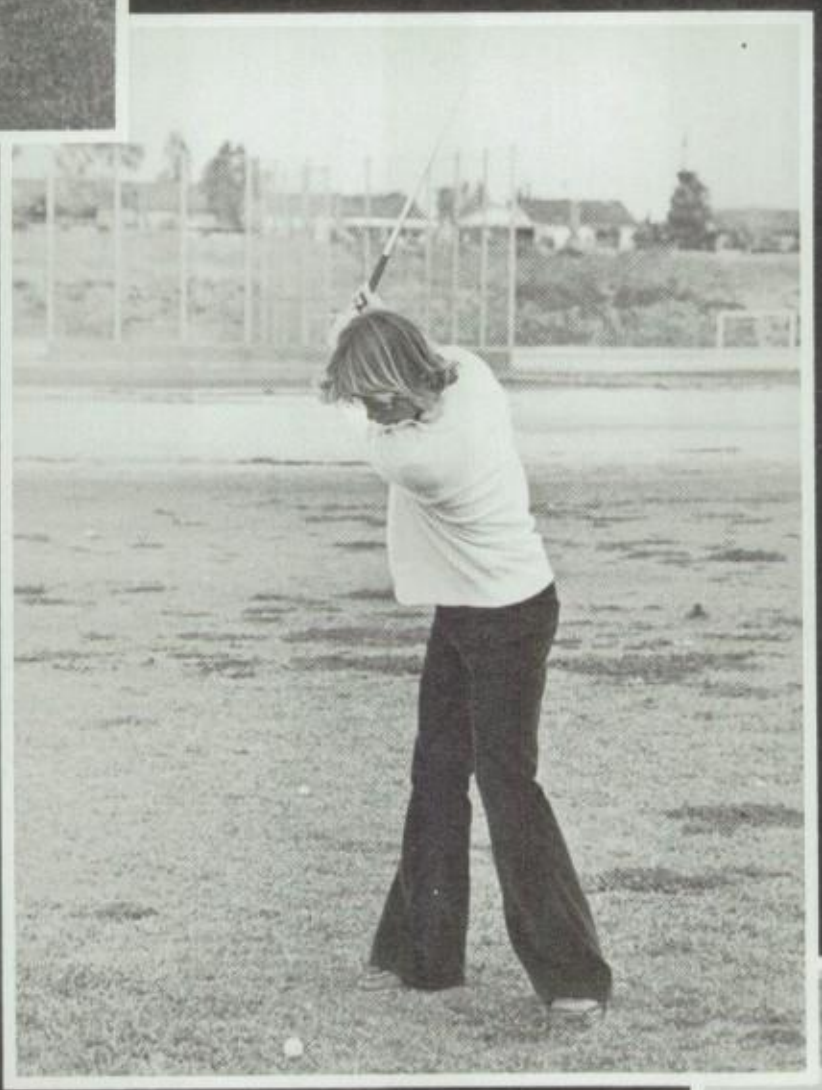
KICK IN THE . . .

Back Row-Brent Bowser, Dave Smith, Bernie King, Ray Fawsett, Scott Jones, John Calvert, Kelly Harris, Warren Sewell, Steve Blaney, Bottom Row-Cesario Sims, Pat Bartals, Harry Huthison, Jim Brown, Jim Neville, Bob Mitton, Frank Jarmacz, Tom Sepal

SOCCER ACTION

The most successful of the Boys Winter Sports was the Soccer Teams, Varsity finishing second in league, J.V. finishing first in the league. Coach Willms and team manager Mike Ramirez worked together to blend two teams into playing towards the utmost of their potential. The 6-3-1 Varsity team was led by Senior Howard Sewell and Guy Johnson who along with fullback Dave Trask, proved to be the most outstanding players. Coach Willms was quick to point out, however, that no single player stood out but that the entire team was made of outstanding talent.

The first place 8-1-1 J.V. team should be useful for next years varsity squad as it contained many excellent prospects for the future. Coach Willms' soccer teams have been excellent over the past two years, if these are indicators of things to come, CVHS might soom be a major power in CIF soccer.



The Capistrano Valley Golf team had not begun their season yet when this was written. Due to rain their first few games were cancelled, But they were eagerly waiting to conquer all.

Standing-Frank Jarmaez, Dan Dargan, Mark Lockareff, Steve Kerchoff, Jeff Baily, Nick Stein, Greg Berness, Coach Bill Steinreide Kneeling- Bill Toogood, Mark Boison, Bob Hayes, Pat Bartel, Coach Janko Missing- John Jocovides

Mark Lockareff

Jeff Bailey

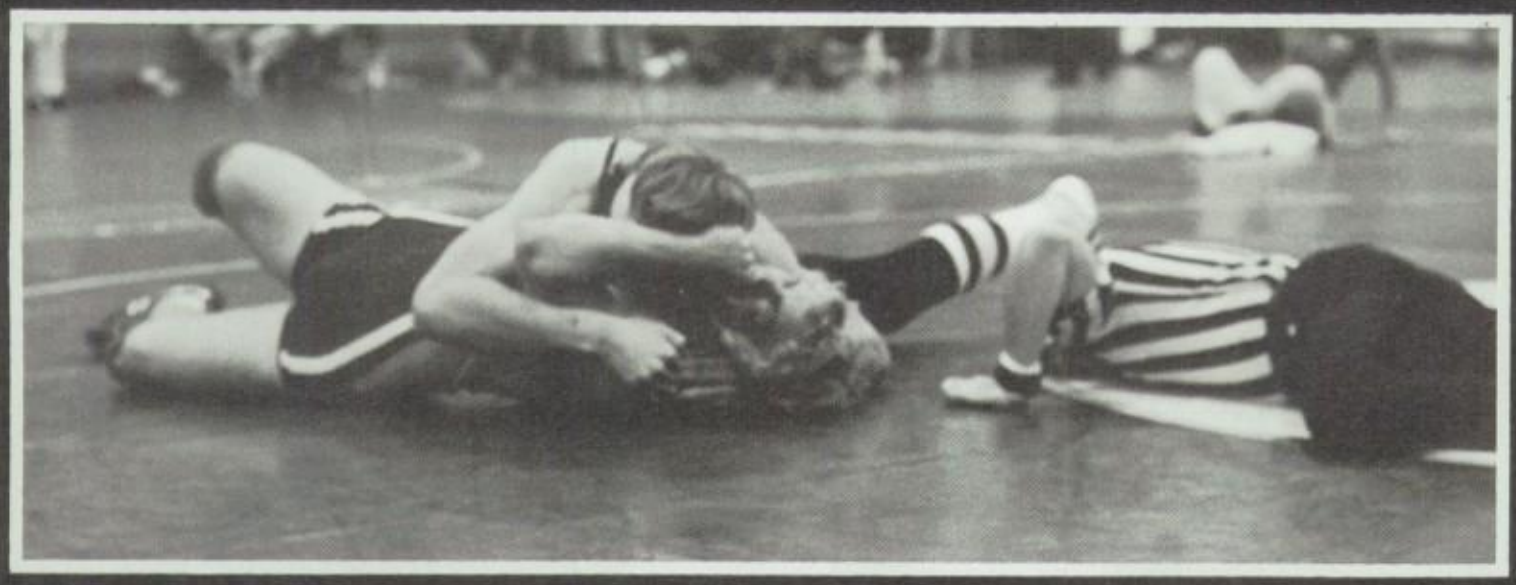
Steve Kerchoff

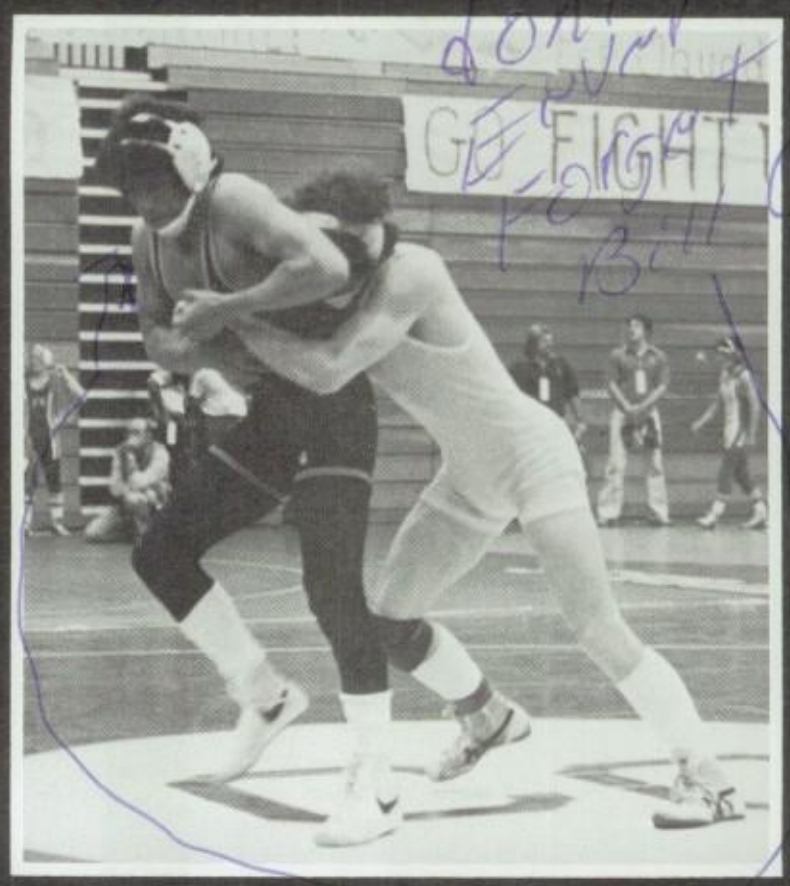
VARSITY WRESTLING

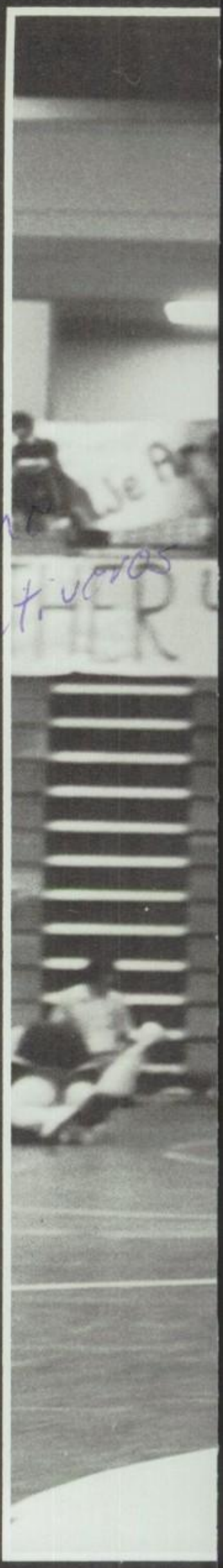
Top row; Coach Juarez, Dave Marohnic, Bill Watson, Charlie Cassidy, Pat Oyama, Fred Mc Connell, Dinny Dunsmore, Coach Janko. Middle row; Frank Addonizio, Billy Ontiveros, Tom Noble, Mike Johnson, Dyke Huish, Dave Montross, Brian Muller. Bottom Row; Stat girl-Julie Douville, Kris Sharrar, Butch Svedeen, Brad Boone, Paul Higgins, Paul Ortiz, Cory Adams, Stat girl-Brandi VanWye

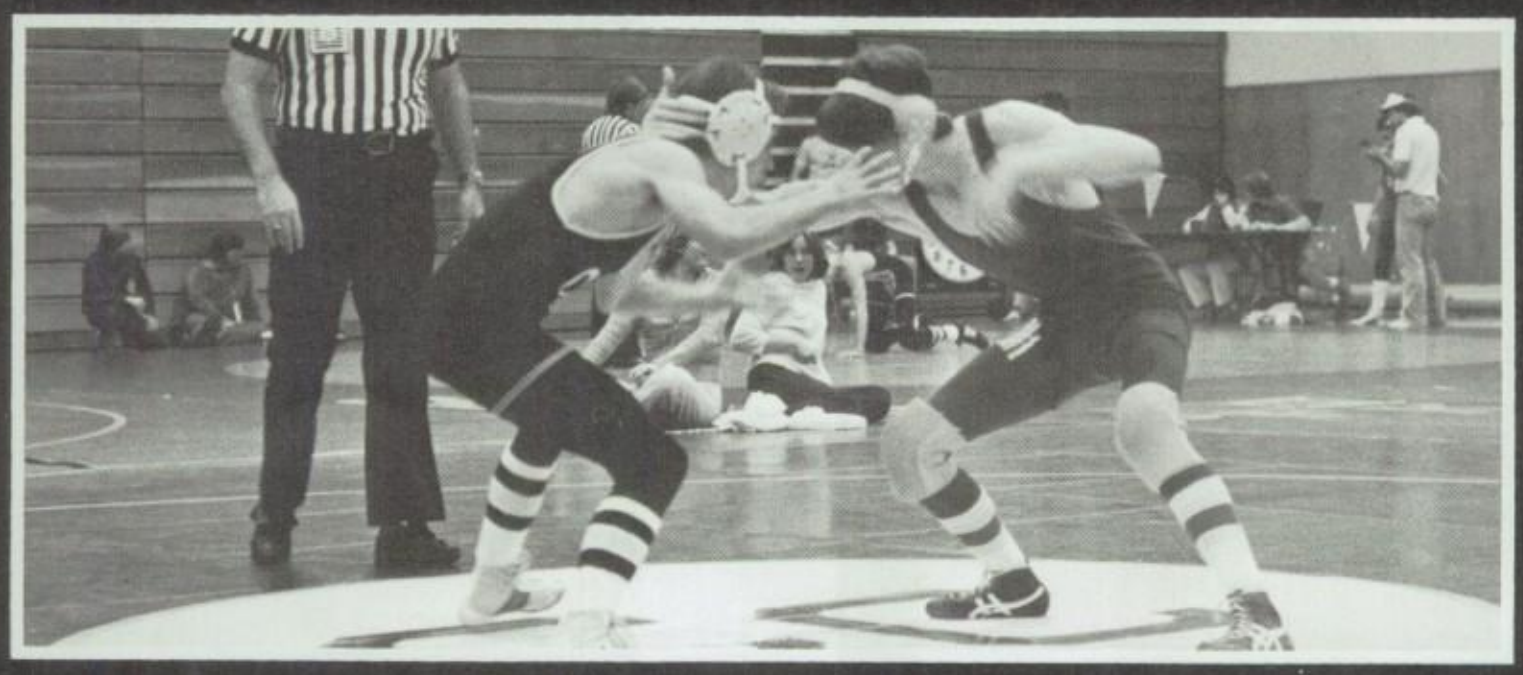
Junior Varsity wrestling
Top row; Mike Kelly, Frank Jakubka, Paul Douville, Steve Lanham, Doug Mc Elhaney Middle row; Coach Juarez, Steve Coombs, Mohsen Zahedi, Steve Wisneski, Roger La faye; Coach Janko Bottom row; Jack Lowe, Ken De Zarn, Jeff Cortese, Mike Arnone, Frank Grijalva

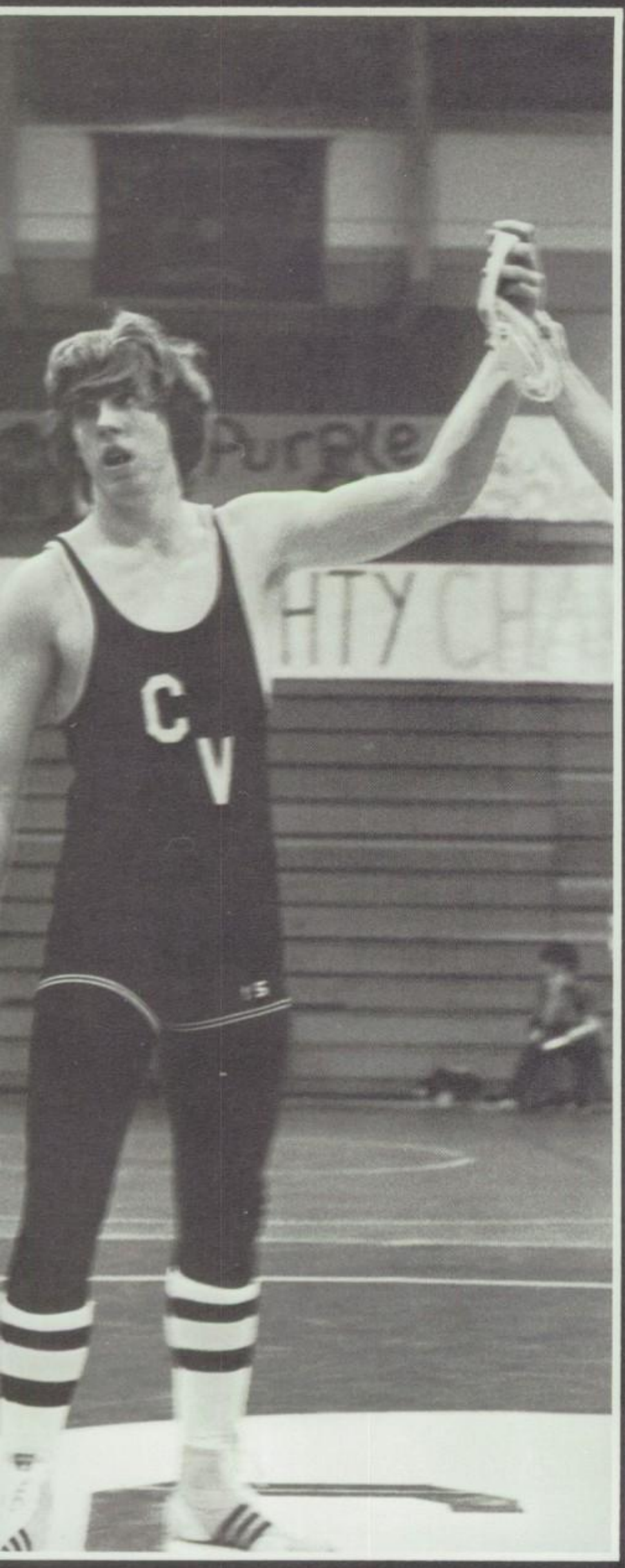
PIN TO WIN










Purple
HTY CH
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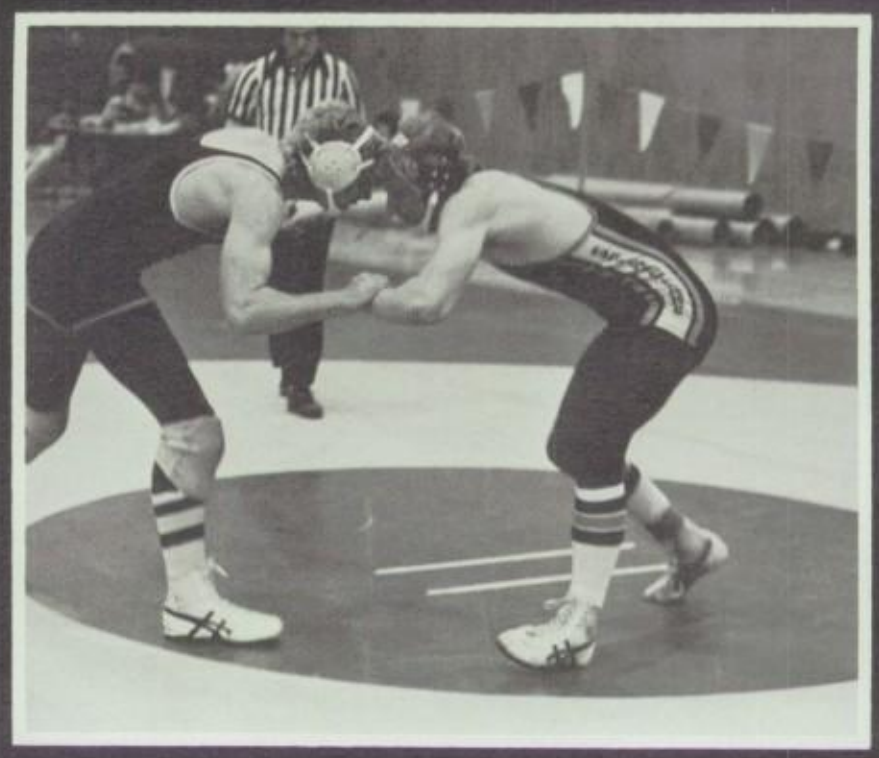
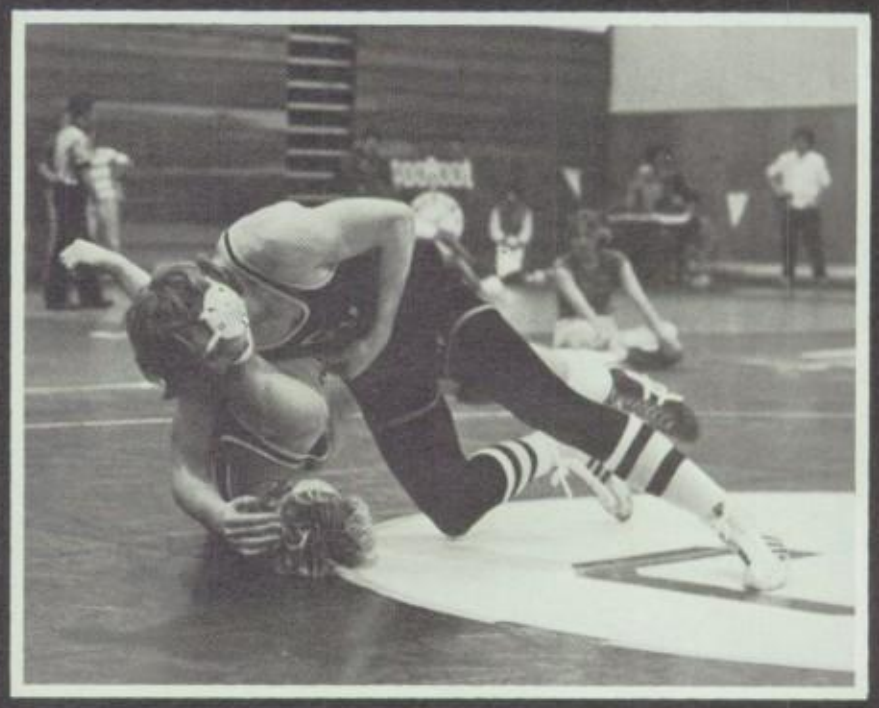
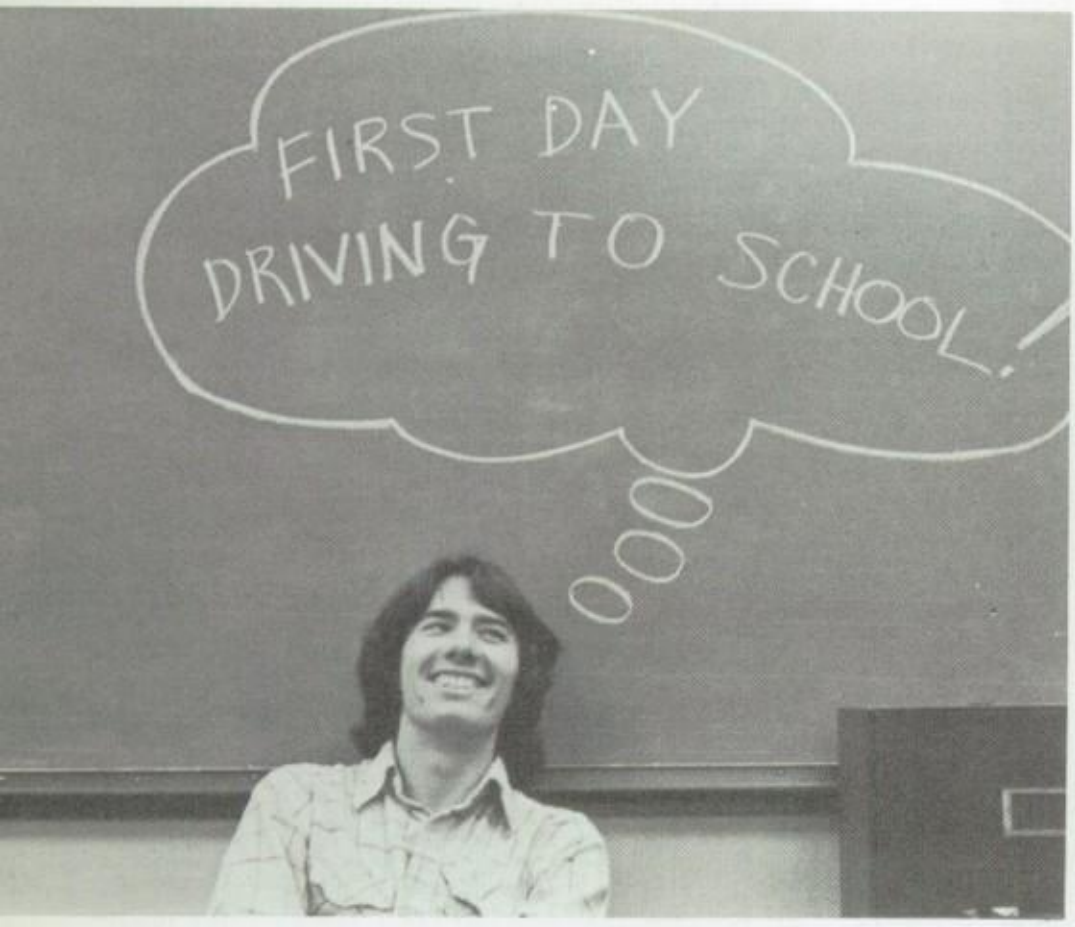
V

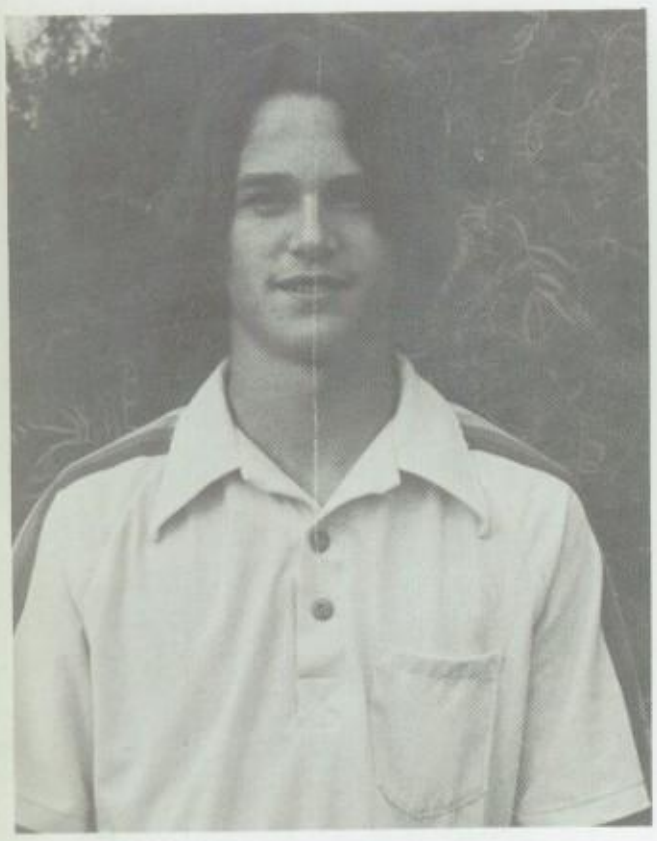





FIRST DAY
DRIVING TO SCHOOL!
OOO

SCREECH

Juniors



Pres. Peter Lawrence-
Being Junior Class president is something that takes a lot of work, but I feel it was worth it.

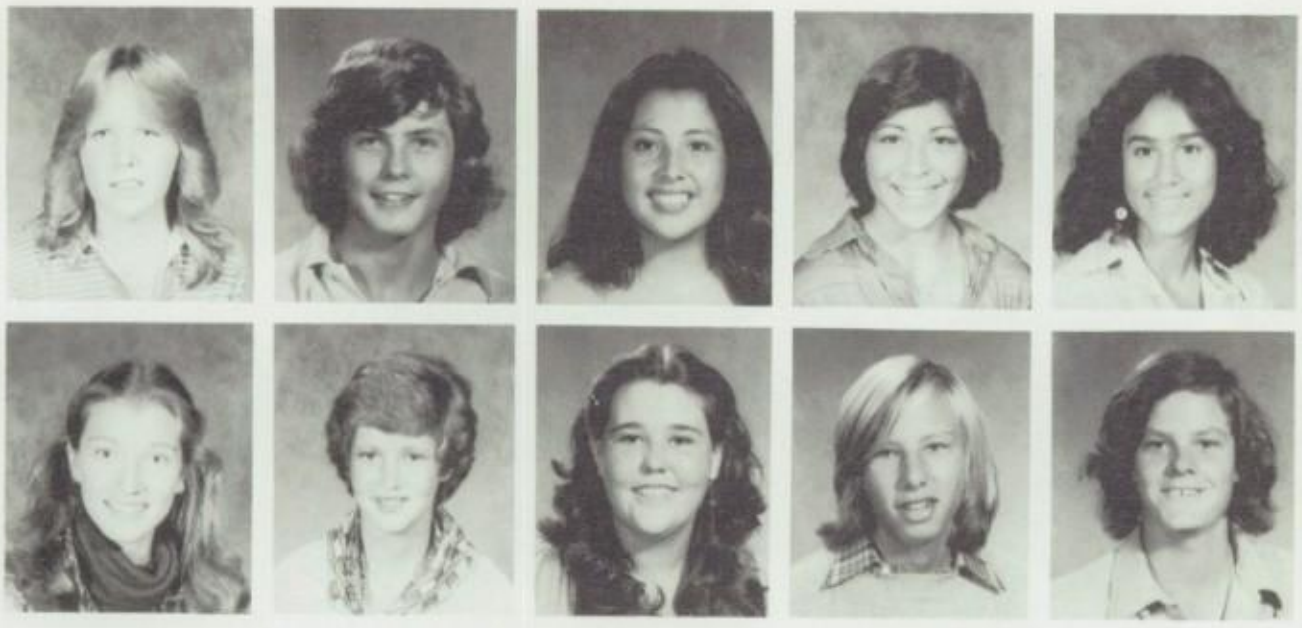
V. Pres. Dana Stevens-
I'm happy I had the chance to work with the junior class. I think we got what we wanted out of this school year.

Sec. Deanne Coyne-
"This year has been really great. I'm glad I was able to help my class."

Treas. Mary Greico-
I felt the experience of working with the junior class helped me

Rep. Kristen Thorpe-
"I really enjoyed the experience of understanding the needs of

Rep. Susanne Magyar-
I felt it was a privelege to be a representative for the class of



Corinne Aalbu
Cary Adkison
Alma Aguilar
Evelia Aguilar
Martha Aguilar

Lisa Ahlers
Carol Allen
Dawn Aloff
Kurt Alsobrook
Jeff Amen

Paul Amorese
Karen Andrew
Jeff Bailey
Mike Baldridge
Craig Bannister

David Banuelos
Terri Barber
Dawn Bardens
Scott Barker
Tina Barker

John Barry
Angela Bascone
David Bastien
Luis Beas
Suzanne Beck

Alisa Bell
Julie Bellamy
Michele Beltineok
Gustavo Beltran
Jim Benavidez

Diane Bendel
Jaeleen Bertolino
Tamera Bics
Doug Bingman
Maudie Binall

Bradon Bodnar
Richard Boessler
Tony Bogle
Deanna Bora
Angela Bowen

Toby Braun
Patty Brennan
Sharon Bright
Jim Brown
Jim Browne

Jeanne Brunell
Mike Bryant
Kelly Buckley
Paul Bucknum
Tamera Butle

Cheryl Calley
Dana Campbell
John Campbell
Scott Campbell
Randy Cantu

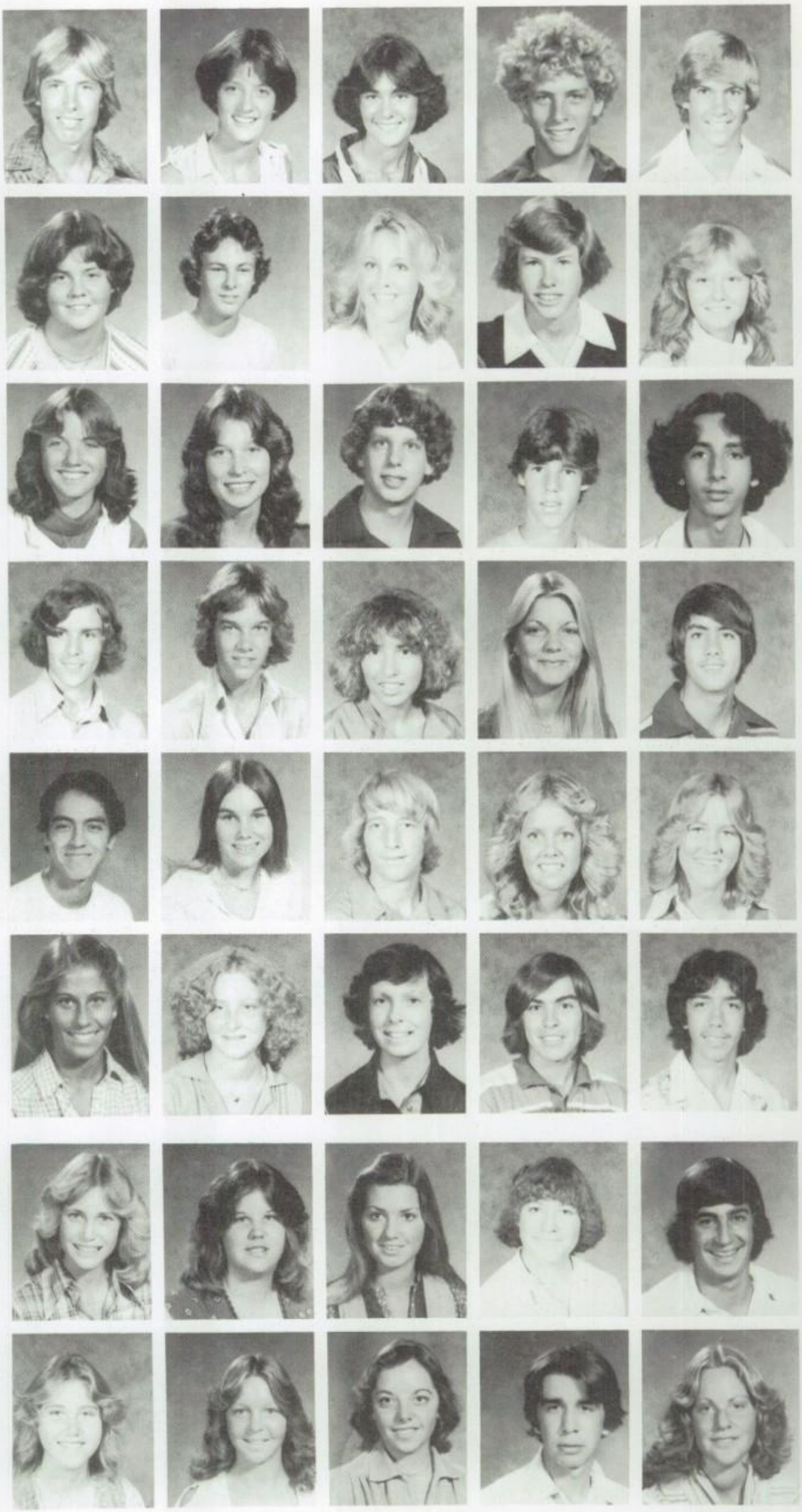
David Carlson
Thomas Carr
Sonia Carujo
Ann Cast
Brent Celestin

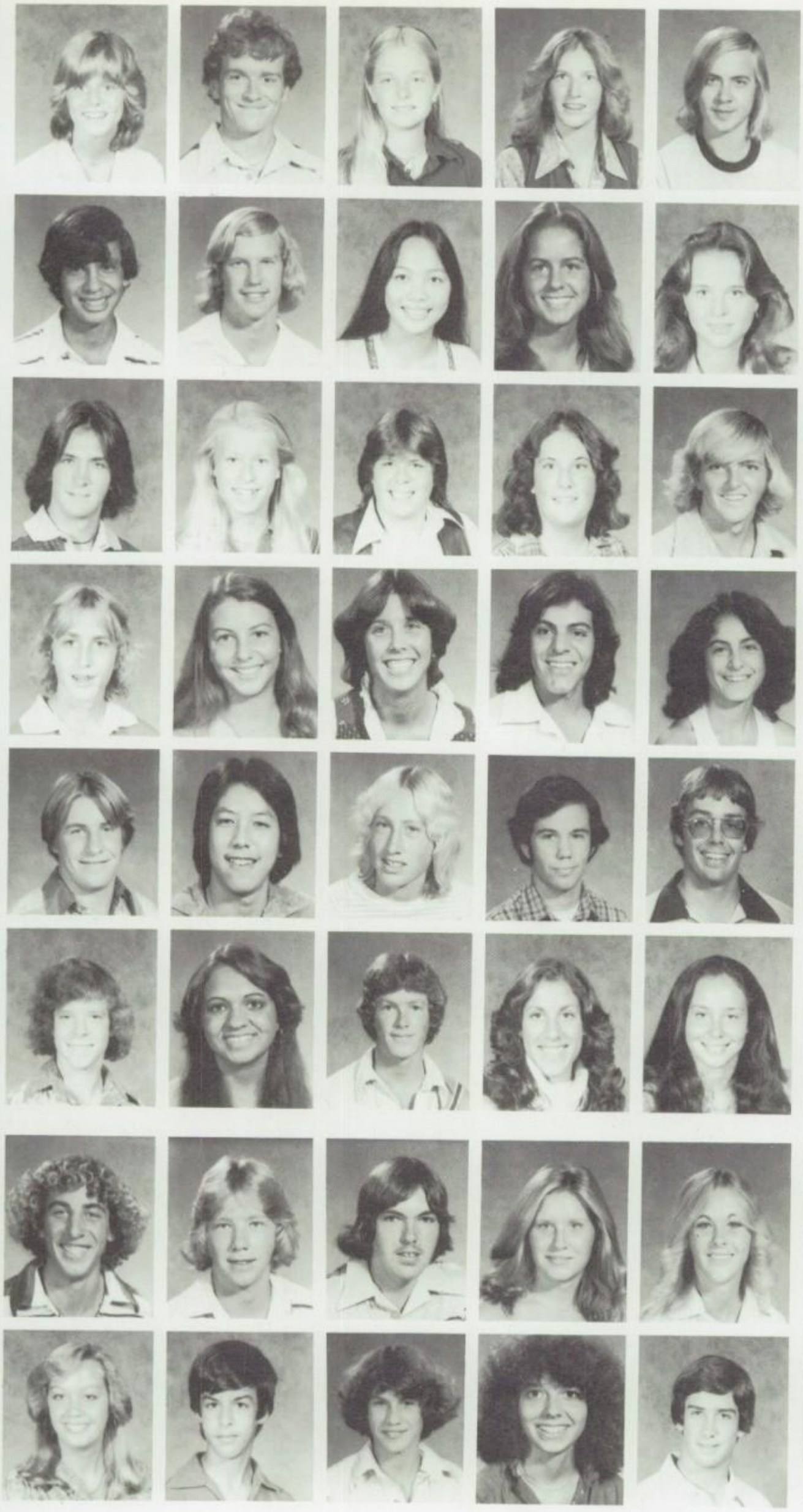
David Chacon
Cynthia Chambers
Mark Chandler
Susan Chaska
Shelia Chenault

Jaime Churchfield
Stacey Clark
Kim Collins
Richard Collins
Javier Comparan

Deann Coyne
Kathy Craig
Cheryl Crevier
Carol Day
John Deleva

Diane Denish
Michele Desy
Maryeln Dier
Gary Dimaggio
Julie Dobkins





Pam Driscoll
Mark Drumm
Magal Duzinski
Julie Ellis P
Peter Erickson

Jaun Escutia
Jim Fairclough
Analiza Fernando
Vicki Feilds
Marina Fitzpatrick

Shawn Fitzpatrick
Cindy Floyd
Brad Fuller
Kathy Furst
Kevin Gardner

David Genter
Susan Gibbs
Susan Gerard
Ed Gomez
Nora Gonzalez

Paul Goodspeed
Tom Goya
David Grant
Hugh Grant
Kelly Grant

Ken Granucci
Mary Grieco
Ken Griffith
Lorie Griffith
Veronica Grijalva

David Guido
Doug Gunderson
Jeff Gunning
Leslie Hackett
Lisa Hadley

Kelly Hadlock
Tracey Hansen
Bijan Haeri
Dawn Hallstred
Chip Hayes

Verna Hayes
Ingrid Hedstrom
Paul Higgins
Audrey Hildebrand
Bill Holland

Leslie Hollas
Liz Hollinshed
Gregg Hopper
Darvin Howell
Jim Howell

Karen Hughes
Dyke Huish
Jim Hunter
David Hushman
David Jackson

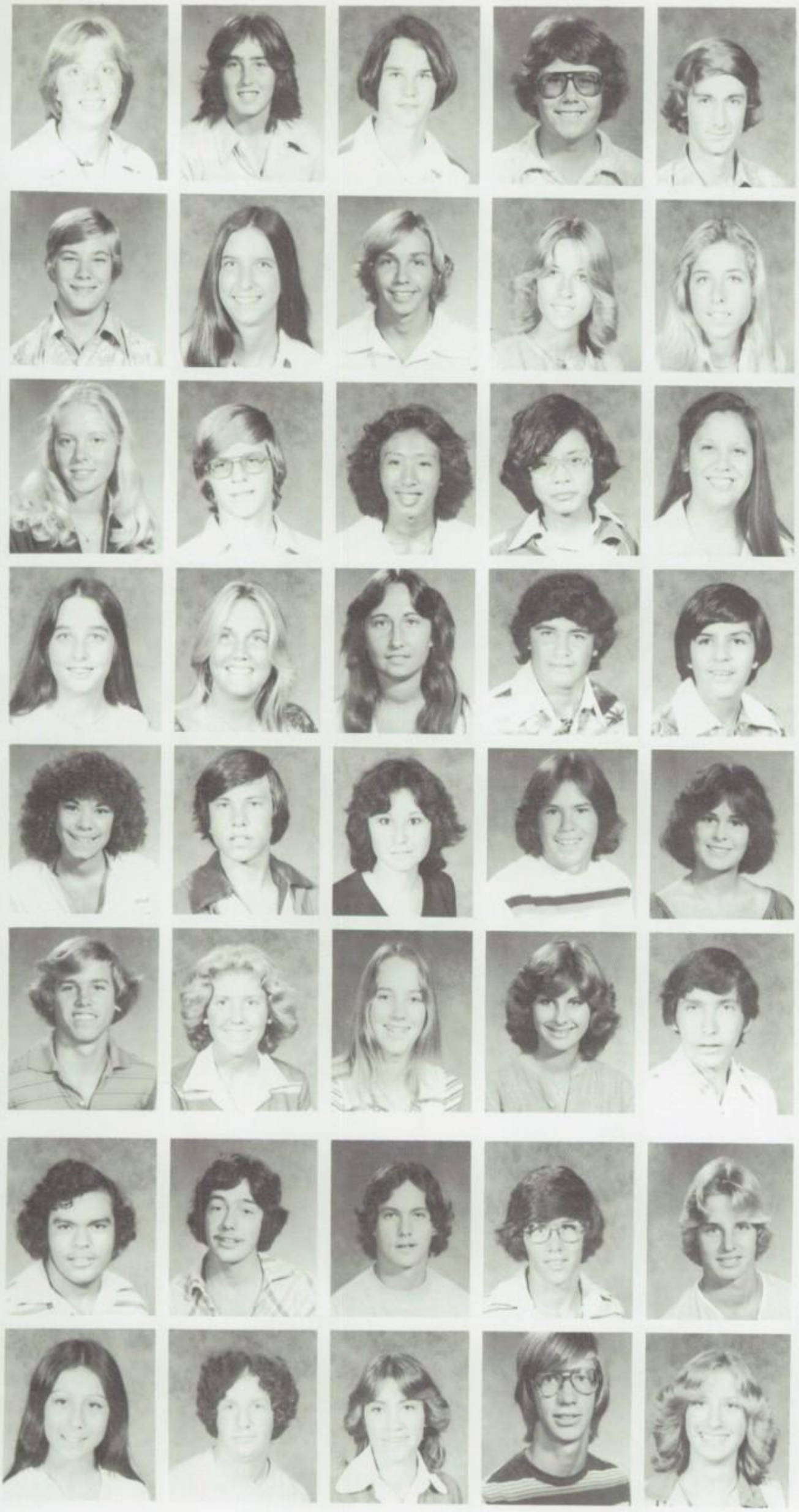
Armando Jaime
Frank Jarmacz
Roy Jenkins
Jennifer Jones
Kathy Kading

Rachel Kavanagh
Kayhan Kazem
Kathy Keenan
Tracy Kemper
Steve Kerckhoff

Jay Ketter
Karl Keifer
Ardis King
Bernie King
Scott King

Norman Kinoshita
Karen Kirchner
Darin Klein
Kathy Klein
Randall Kofron

David Koons
Steve Kott
Ron Kuchera
Toni LaCava
Thyra Ladyman



Patty Laechelt
Gary Largey
Peter Lawerence
Josef Lederer
Laszlo Lehotay

Jim Lenhart
Therese Leonard
Michael Leseth
Robin Lewis
Tracy Lewis

Joanne Lindner
Mike Lisk
Harold Loretero
Shulmte Lou
Jeanete Lucero

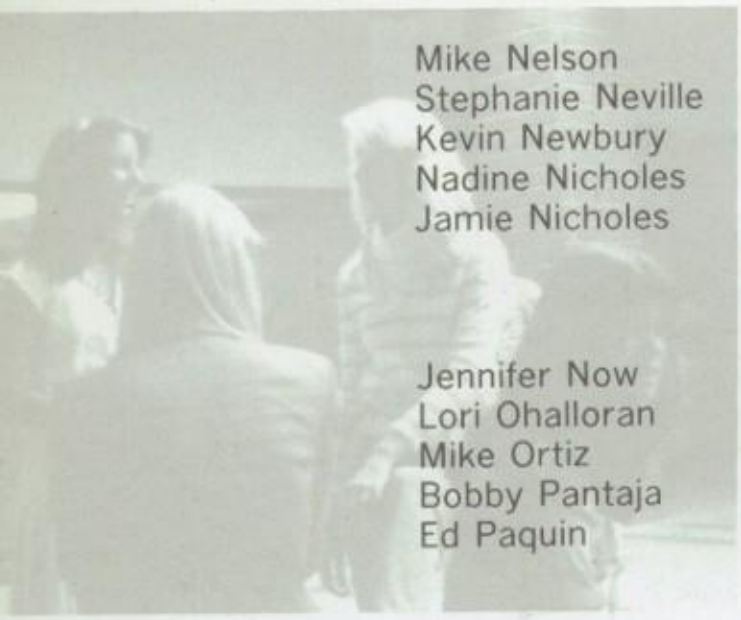
Julie Lunetta
Beth Lyon
Susanne Magyar
Efren Malagon
Raul Malfavon

Terri Marchello
Aaron Martin
Rebecca Martinez
Rick Martinez
Monika Maul

Robert McCarty
Karen McCullum
Anne McKenna
Lisa McWilliams
Jesus Mendoza

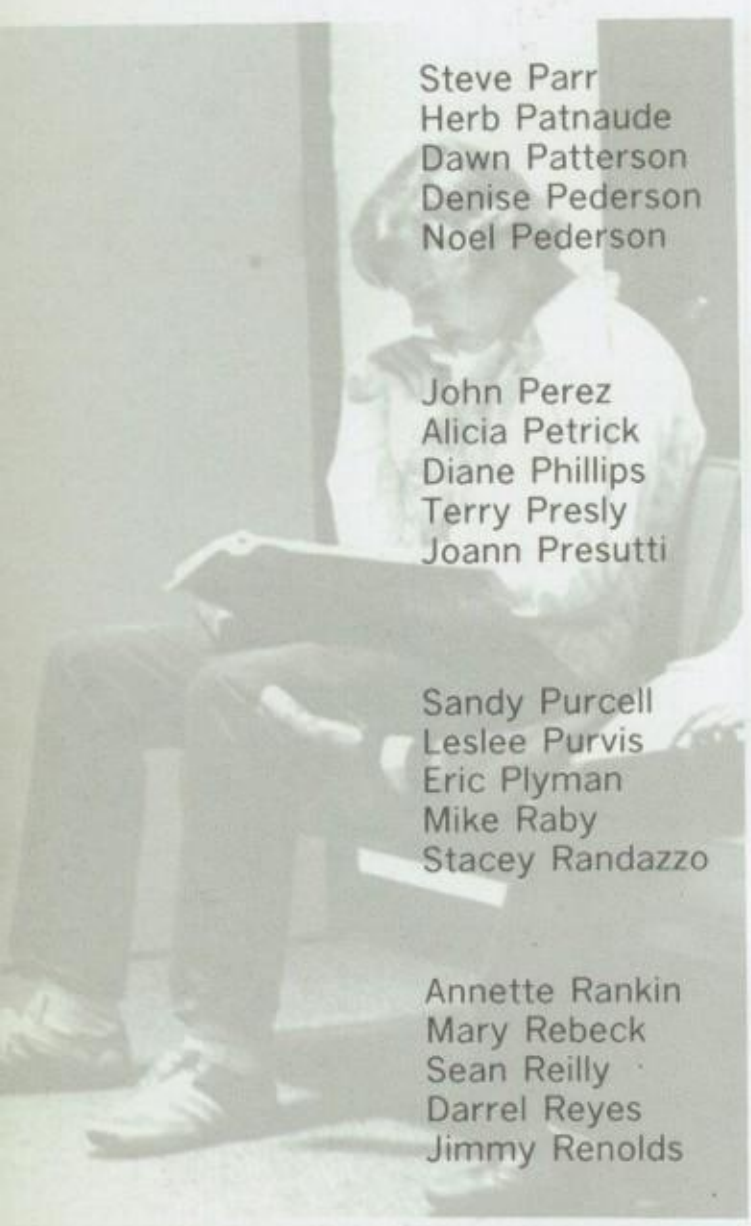
Louis Mendoza
Glenn Mengason
Mike Mitchell
Robert Mitton
David Montross

Laurie Moreno
Mike Morgan
Loree Mowry
Mike Muller
Mary Myers



Mike Nelson
Stephanie Neville
Kevin Newbury
Nadine Nicholes
Jamie Nicholes

Jennifer Now
Lori Ohalloran
Mike Ortiz
Bobby Pantaja
Ed Paquin

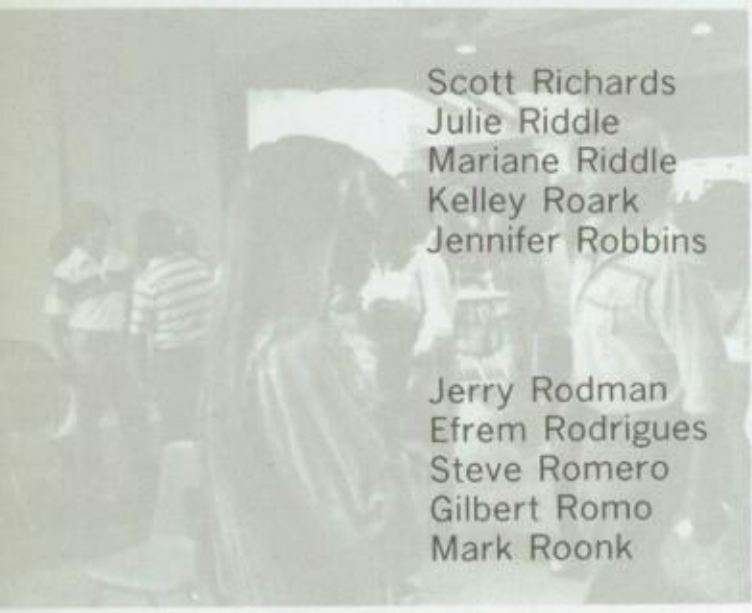


Steve Parr
Herb Patnaude
Dawn Patterson
Denise Pederson
Noel Pederson

John Perez
Alicia Petrick
Diane Phillips
Terry Presly
Joann Presutti

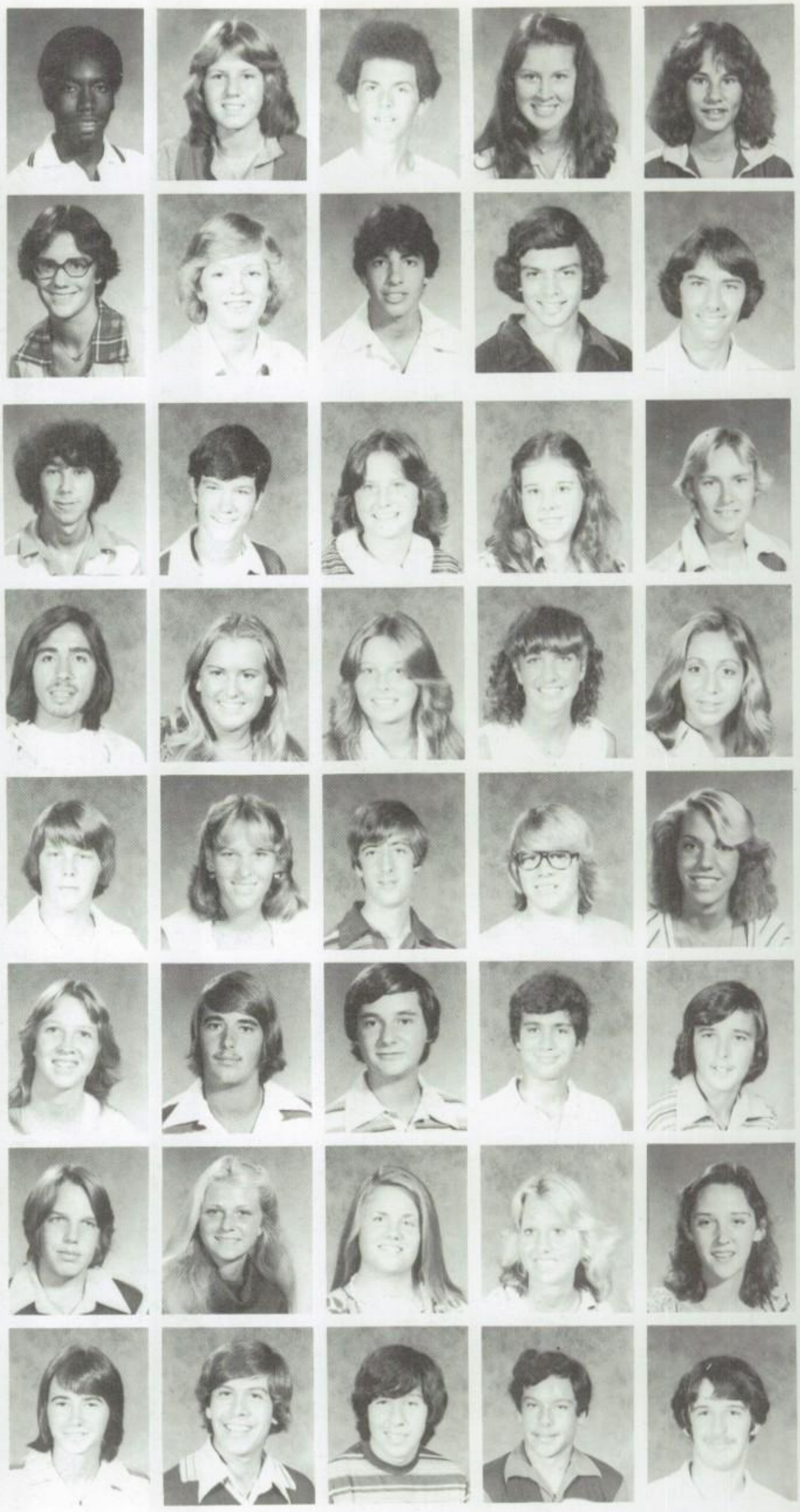
Sandy Purcell
Leslee Purvis
Eric Plyman
Mike Raby
Stacey Randazzo

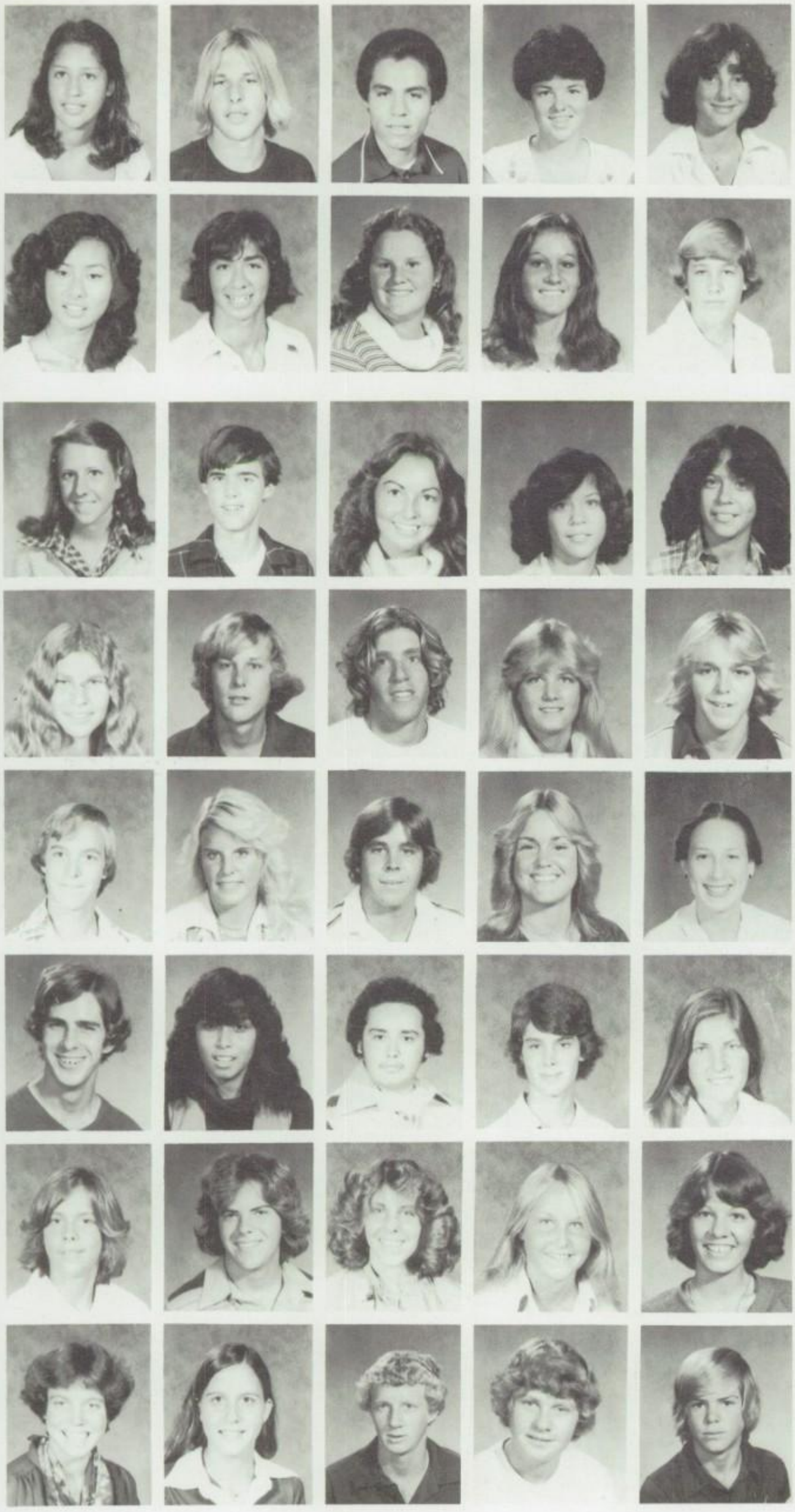
Annette Rankin
Mary Rebeck
Sean Reilly
Darrel Reyes
Jimmy Renolds



Scott Richards
Julie Riddle
Mariane Riddle
Kelley Roark
Jennifer Robbins

Jerry Rodman
Efrem Rodrigues
Steve Romero
Gilbert Romo
Mark Roonk





Bedelia Rosales
Edward Rosenbaum
Robert Ruiz
Kim Rurle
Julie Ryan

Kari Sakuria
Dan Salas
Stephanie Schiada
Judith Schubert
Robert Schubert

Sharon Scollard
Cameron Screeton
Deborah Sedgwick
Liz Sepulveda
Estella Sepulveda

Leslie Shapiro
Tom Shaver
Tim Sherry
Laurie Shook
Steven Shook

Paul Shuman
Cindi Silverthorne
Bruce Sims
Cindy Smith
Susan Soesbe

Mark Sobota
Janette Soria
James Sotelo
Eric Spaw
Renee Starnes

Joe Staud
Nick Stein
Laura Steinwender
Theresa Stetter
Dana Stevens

Sandy Stiglbower
Suzanne Stratton
Bill Strickland
Jim Stong
Kendal Svedeen

Molly Sweet
Mike Tall
Margaret Tarentino
Greg Thatcher
Teresa Thorndike

Kristin Thorpe
Craig Torkelson
Sharon Touher
Todd Trask
Steve Tucker

Pam Turner
Tamera Turner
Anne Valentine
Jolan Valo
Andy Vandenburg

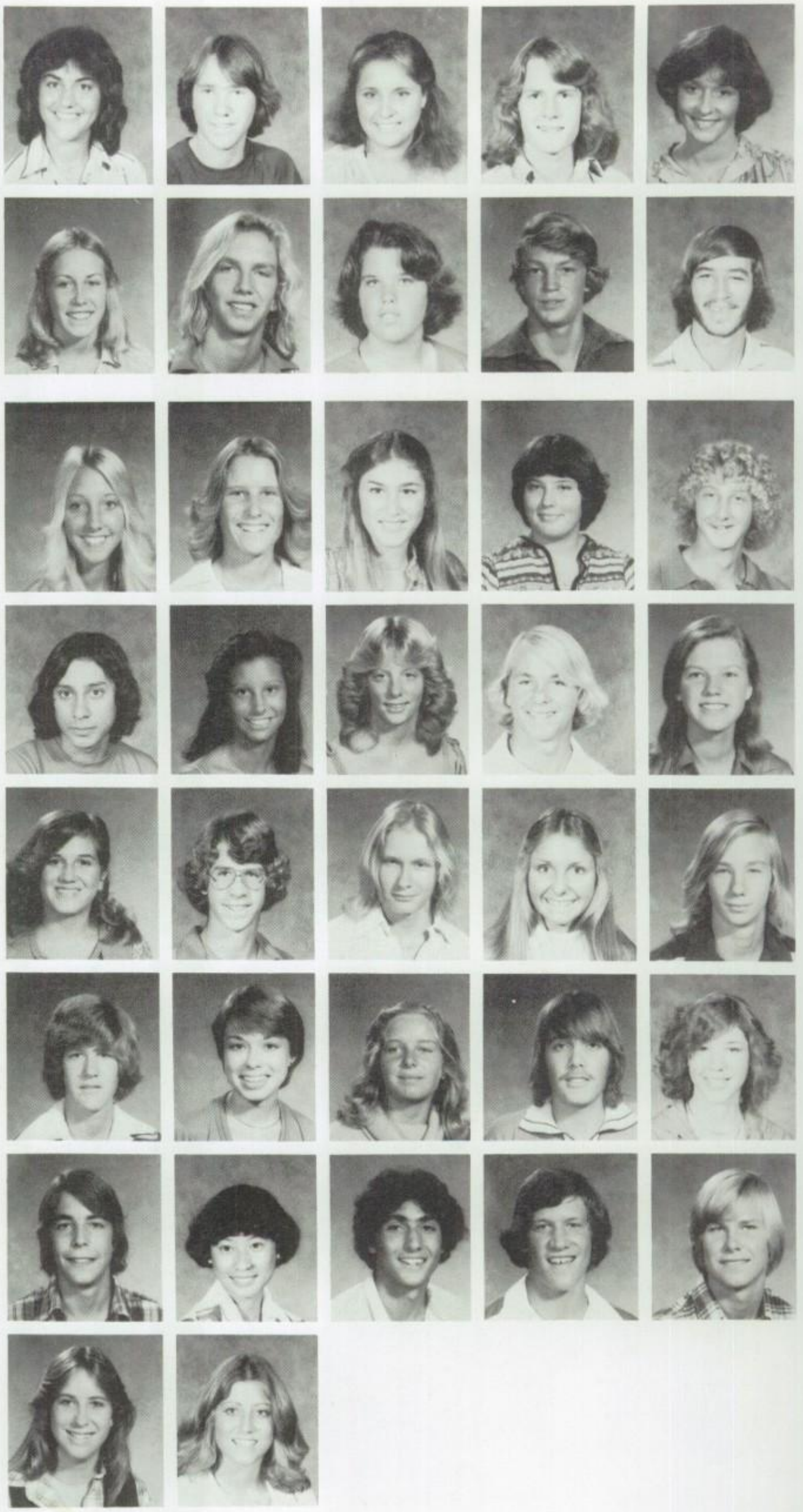
Jamie Vera
Jill Vukich
Kim Wall
Greg Welty
Laura Wenzel

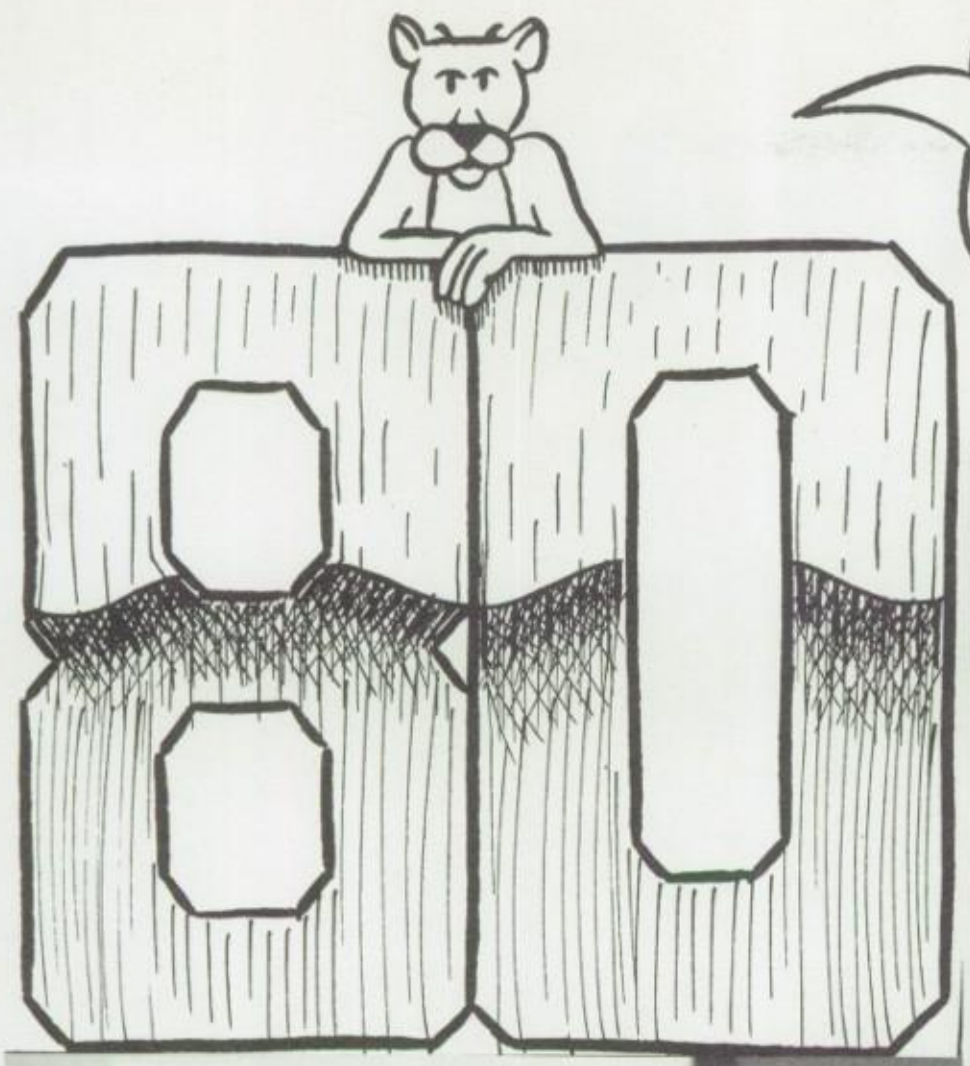
Donna West
Mark White
Paul Whyte
Heidi Wiedmier
Tom Wilcox

Larry Wilken
Becky Williams
Laura Wisneski
Steve Wysong
Debbie Yarga

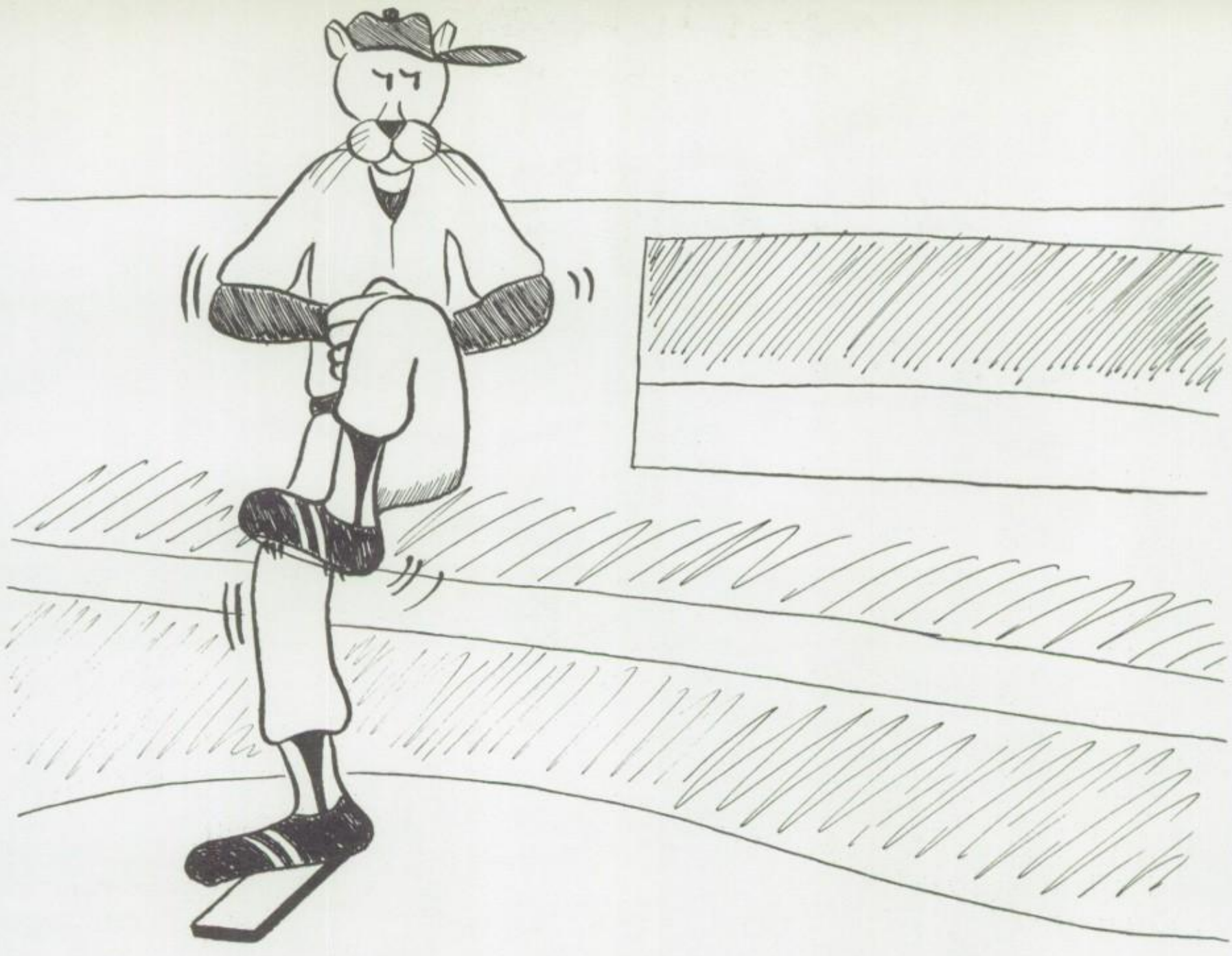
Ken Yeck
Gloria Yu
Si Zahedi
Scott Fox
Gary Fratus

Becky Holmes
Chris Waller

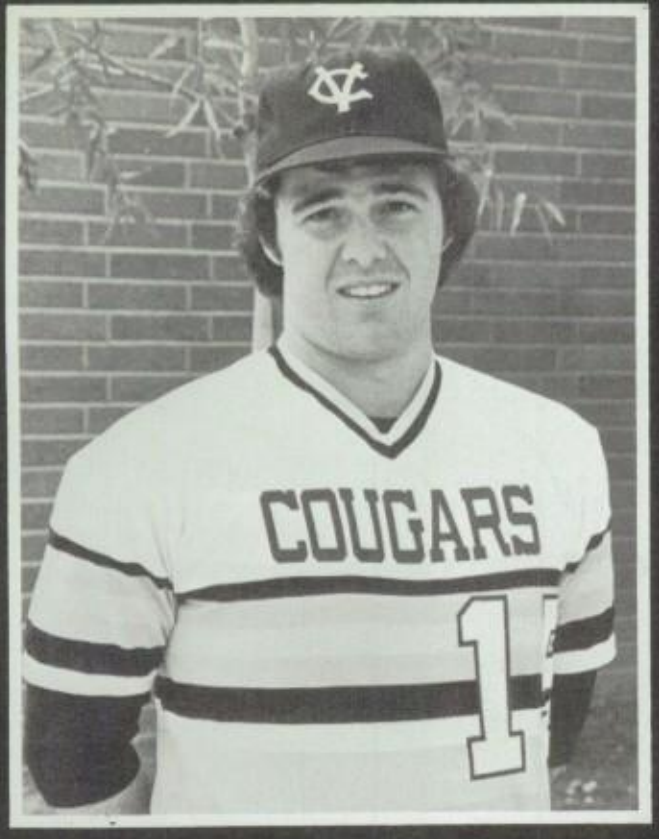



YOU THINK THIS YEAR'S SENIORS WERE GREAT, WAIT TILL NEXT YEAR'S SENIORS OF 1980!

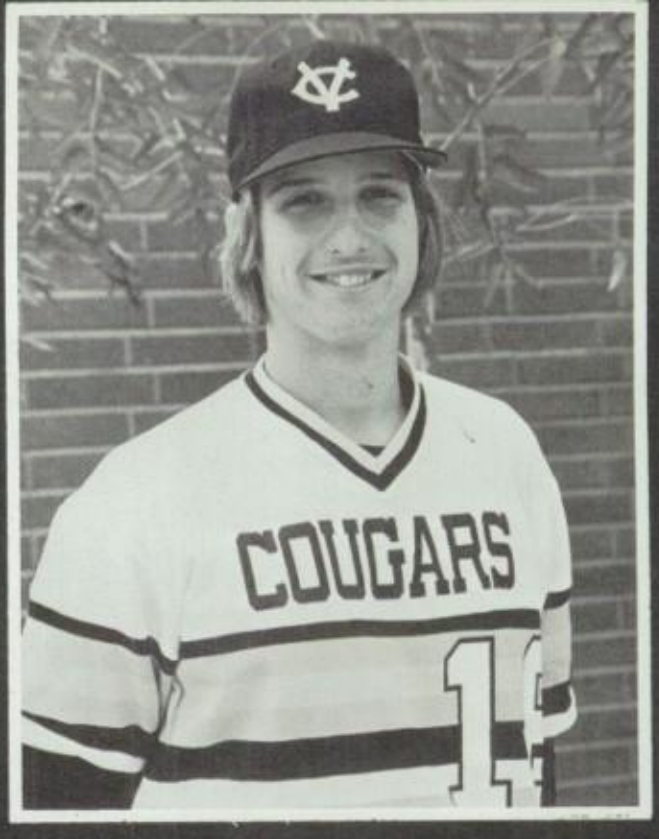
Spring



Sports



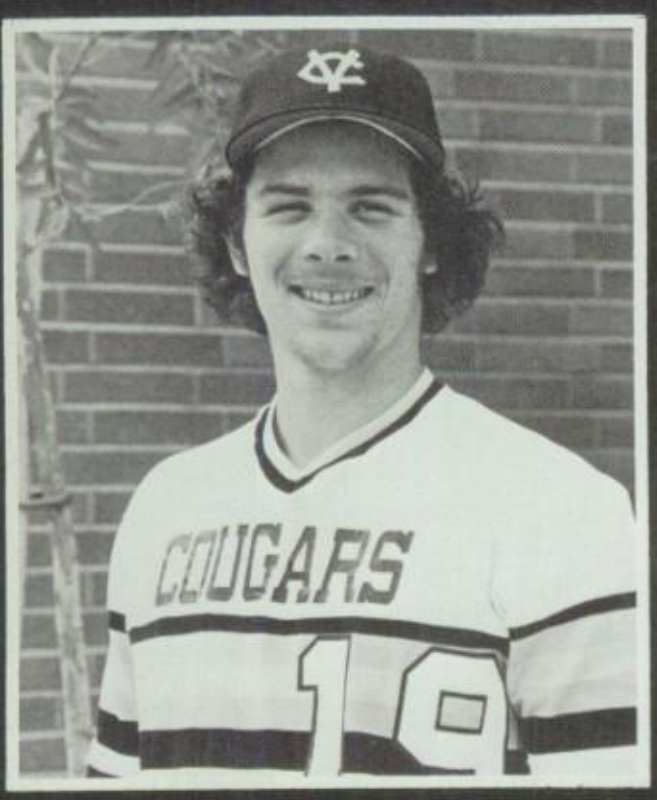
Brad Parker



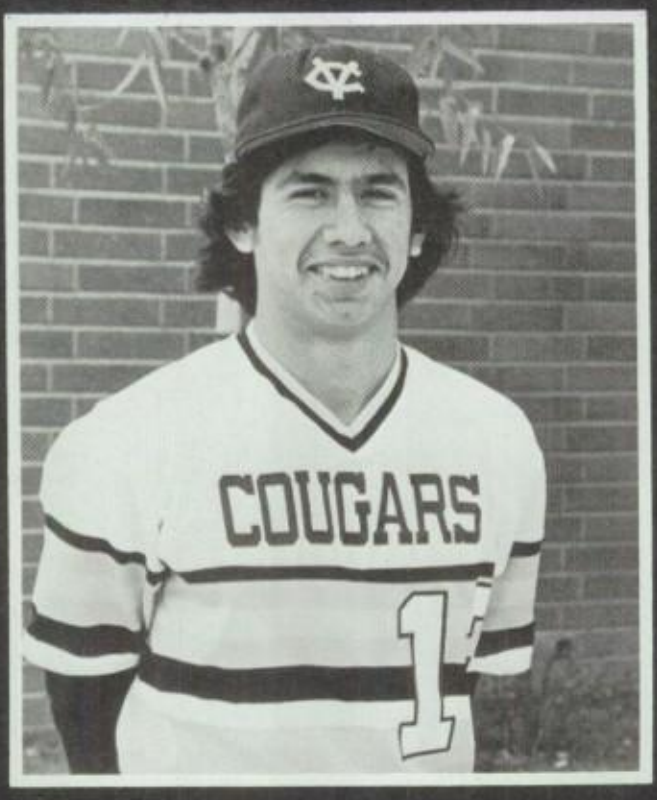
Mike Cukrov

Coach Cunnerty

Steve Bell



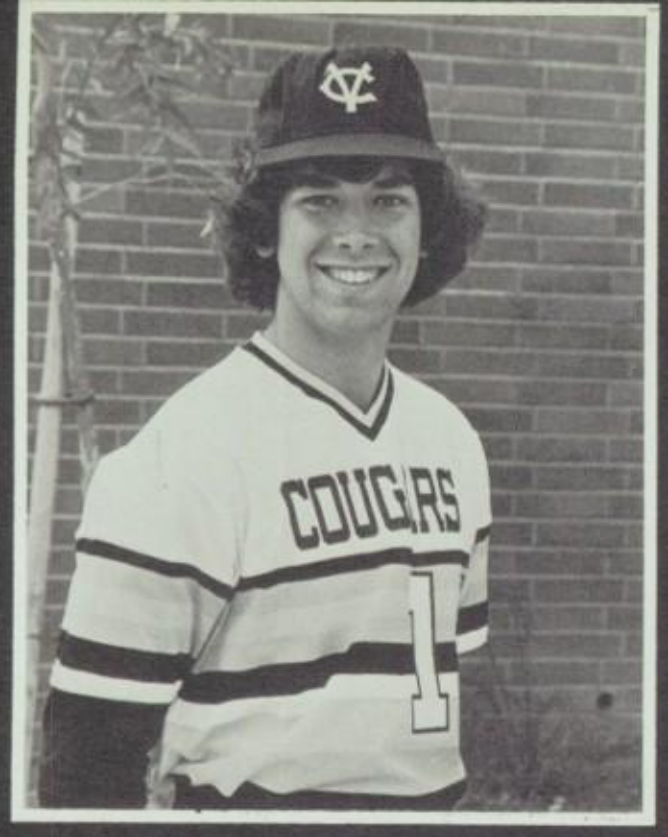
Mike Dunivan



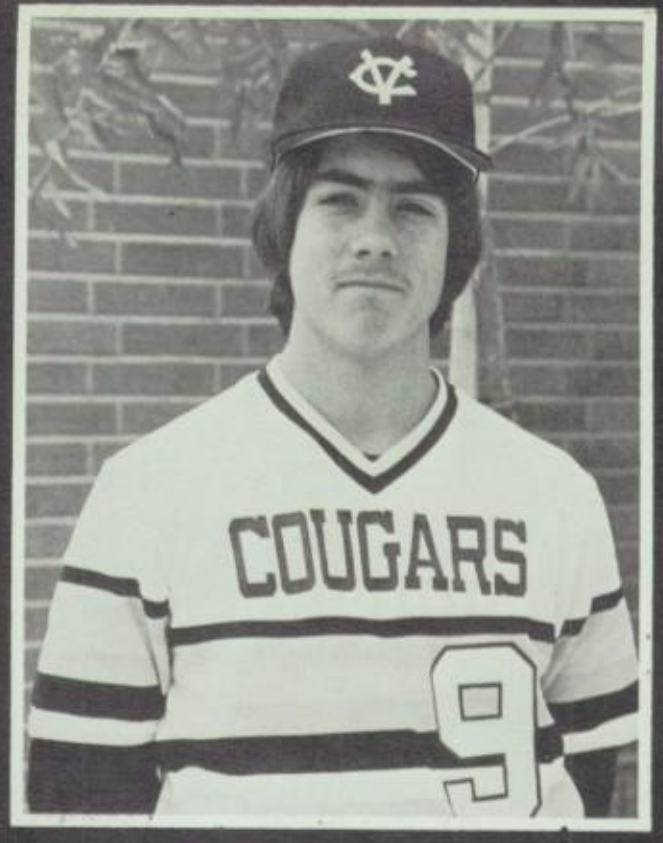
Fernando Salas

Bob Wilkinson

Coach
Zamora



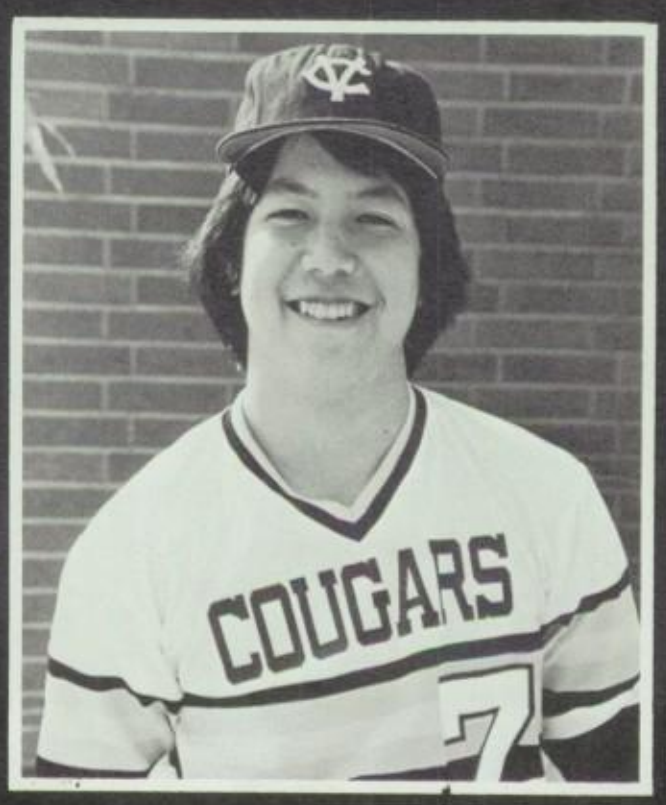
Jim Hunter



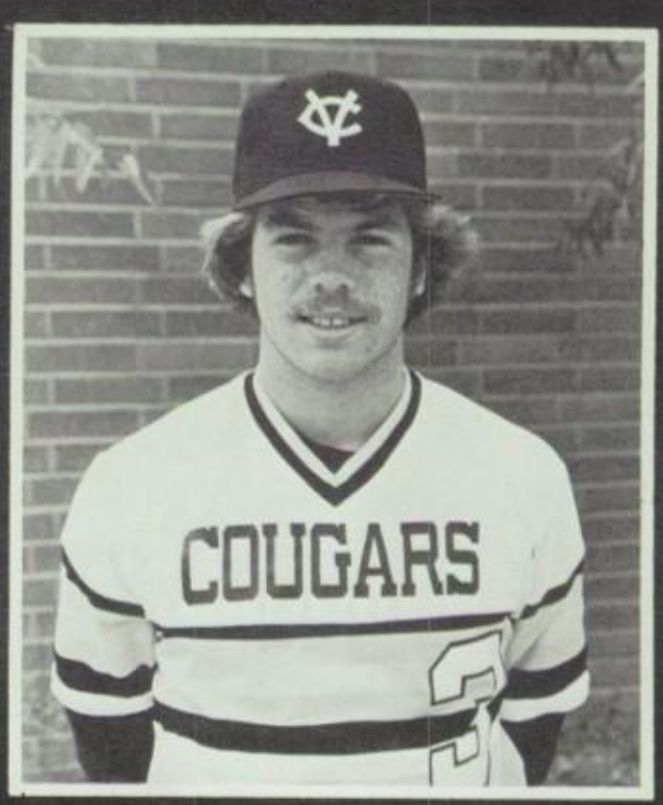
Brent Celestin

Chip Hayes

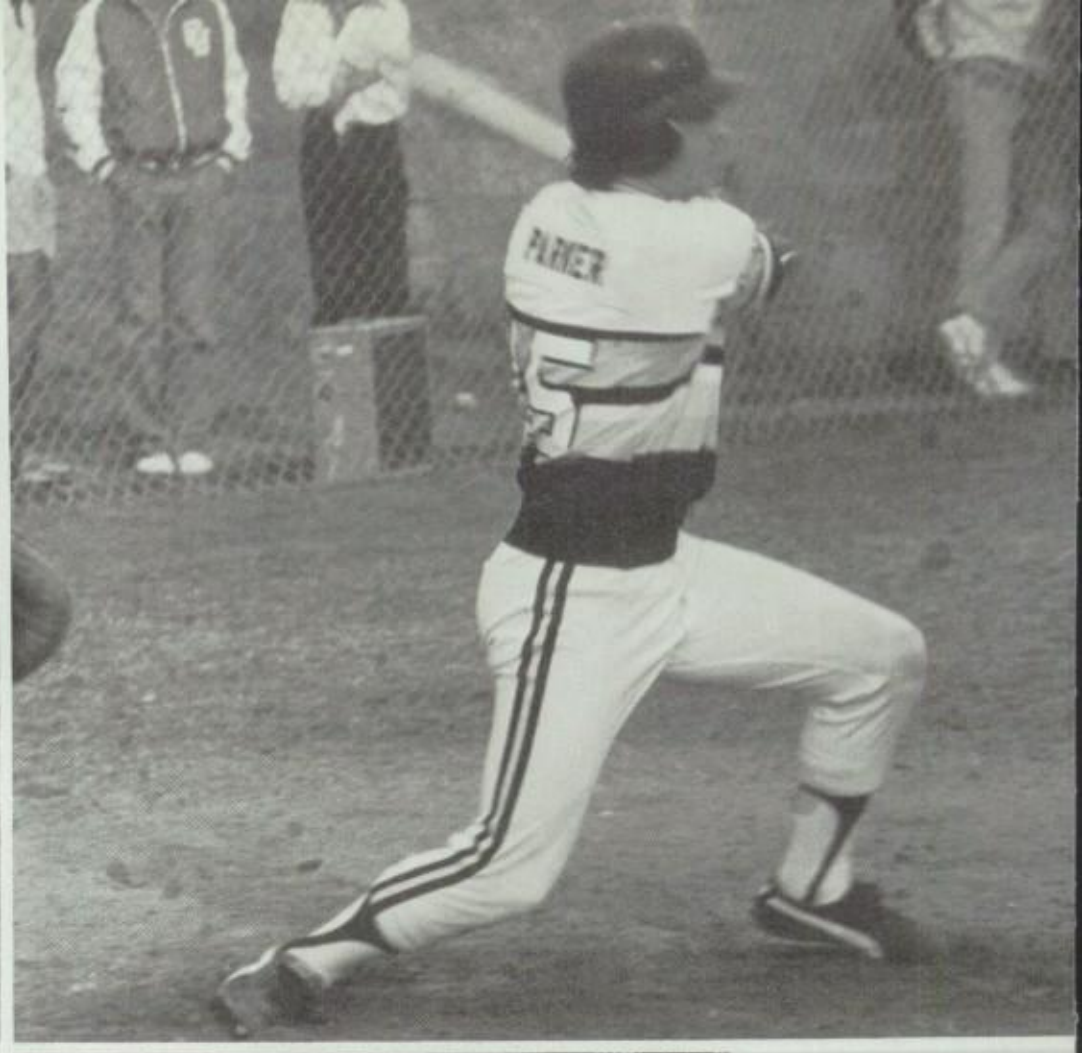
Ken Griffith



Tom Goya

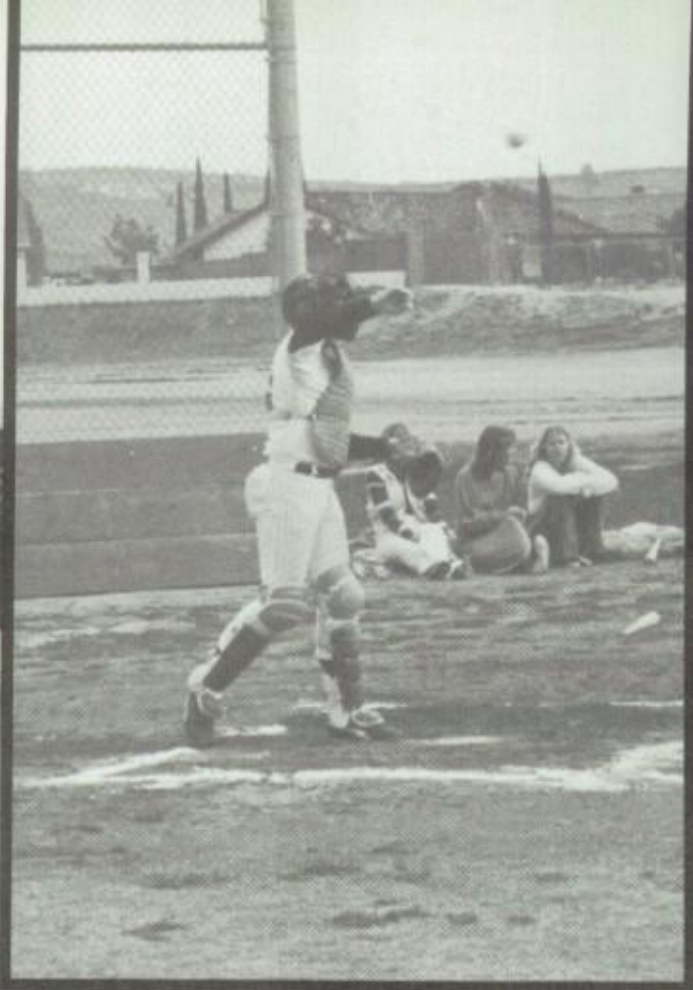


Dave Hushman



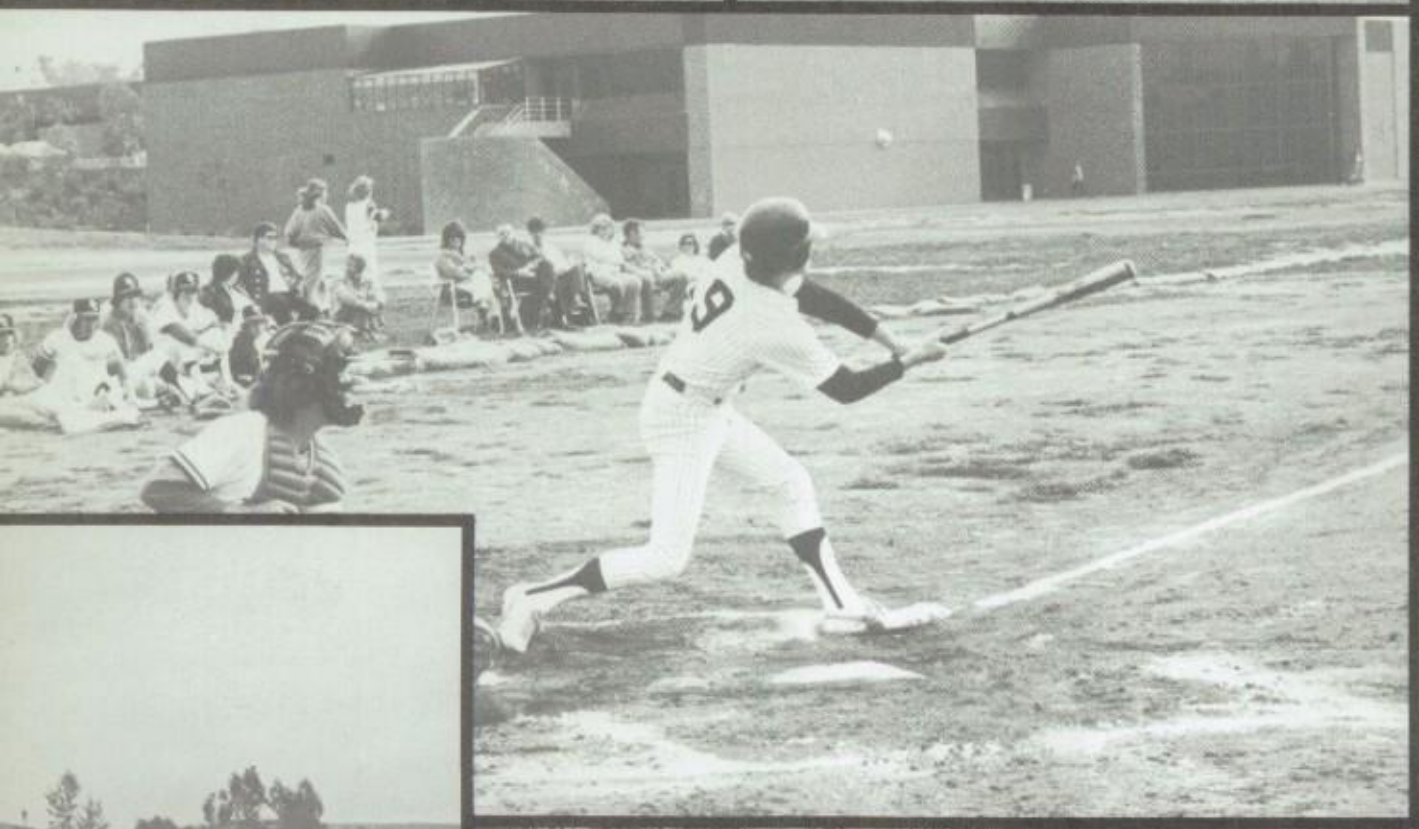
BASEBALL

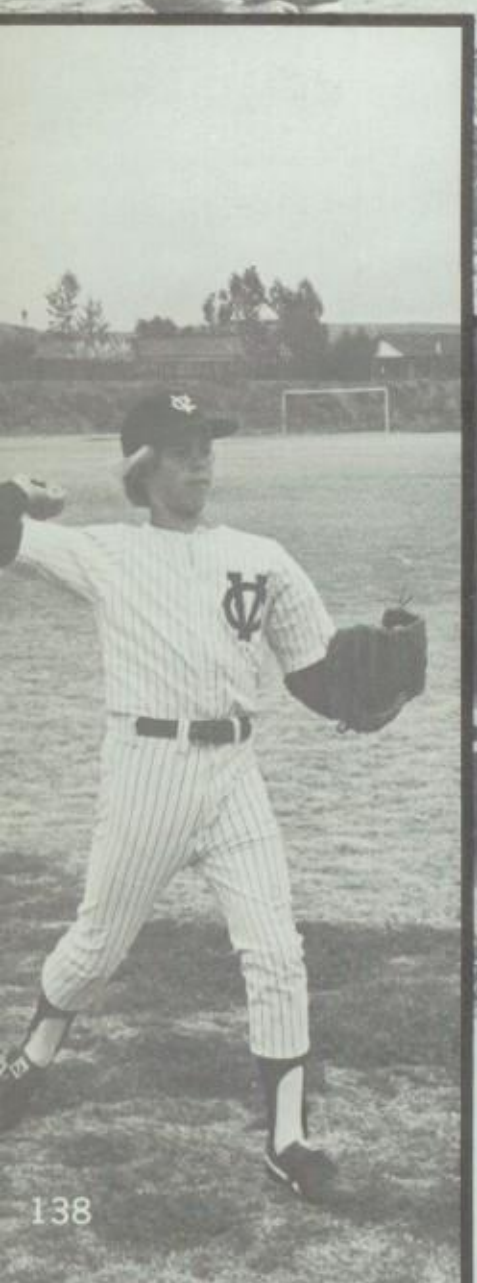
The baseball team started out great this year. After eight games their record was 6-2, being tied for first place in the league at that time. Capo Valley's best pitcher for this season was Mike Cukrov with a record of 4 wins and 1 loss after eight games. Brad Parker, Steve Bell, Chip Hayes, and Fernando Salas were Capo Valley's best hitters for 1979. Coach Cunerty revealed, "I really enjoy baseball- it's a fun atmosphere and I like to compete. This year I'm working with a great group of young men."



FUT

VAR



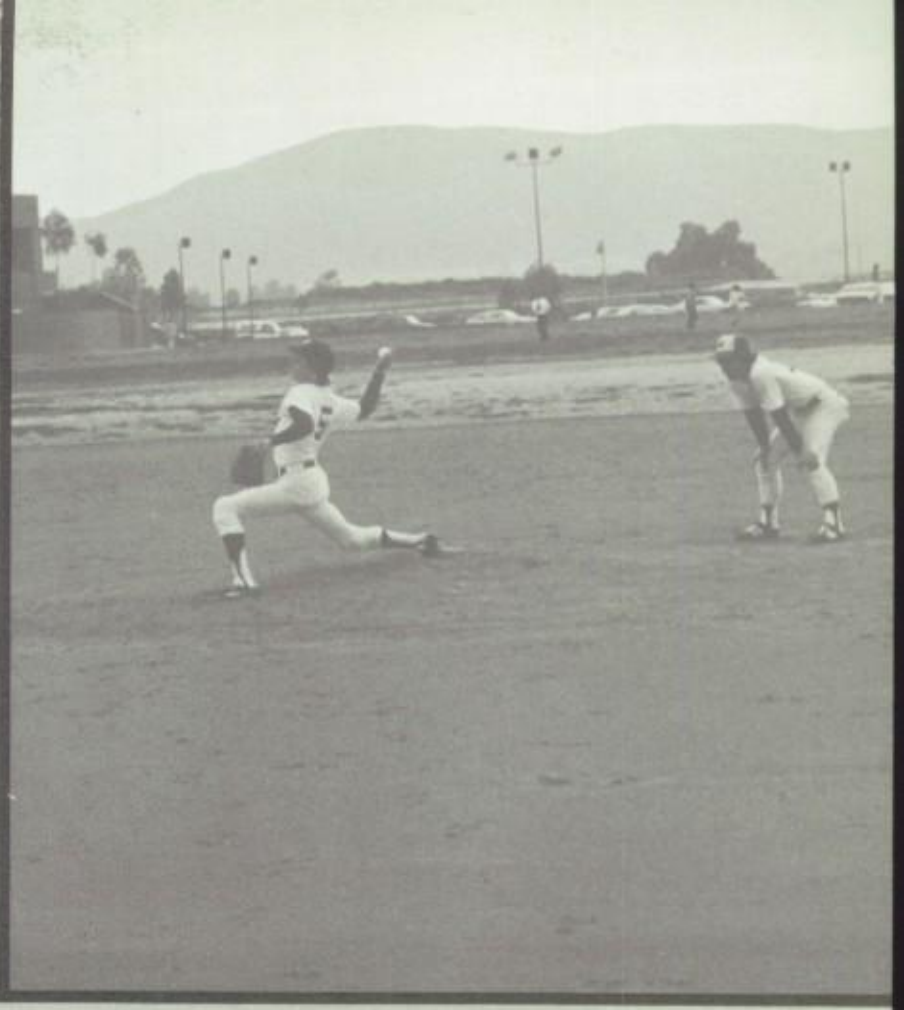


JR. VARSITY

Back Row-Lori Griffith, Mike Ortiz, Jim Benavidiez, Kayhan Kazem, David Whitney, Eric Fox, Doug Gunderson, Todd Trask, Coach Craig Anderson, Pat Oyama Front Row- Kris Sharrar, Wayne Call, Tom Martino, Denham Leftwich, Bill Armstrong, Brian Taylor

URE

ITY



FROSH-SOPH BASEBALL

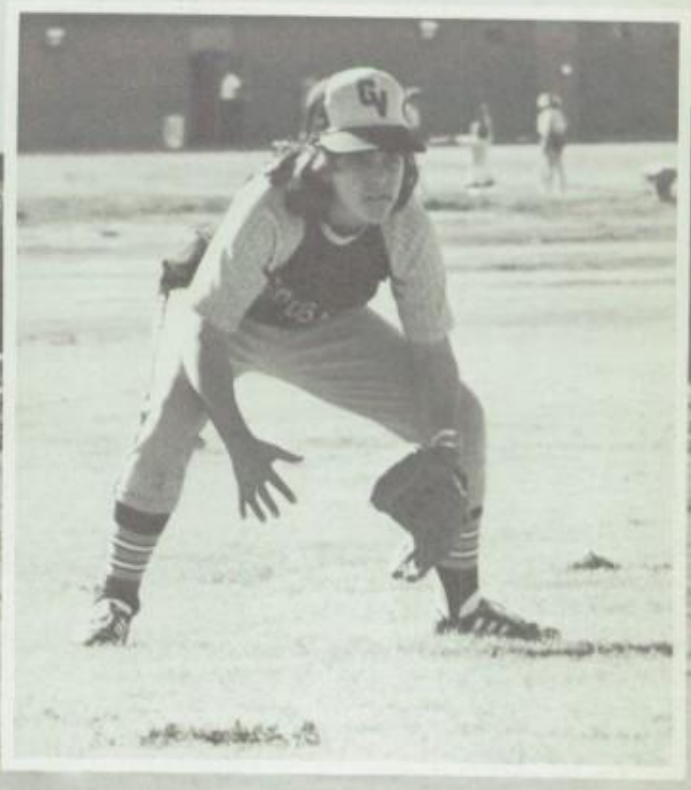
Back row: Coach Don Munion, Gregg Haly, Bill ___ Roger Lafaye, Brian Pfuefer, Tim Aguinaga, Thad Robbins, Ray Fawecett, Scott Jones. Front row: Mark Cougan, Sam Finch, Mike Roberts, Howard Whitman, Alex Gottpank, Kelly Casey.

SOFTBALL STARTS OUT STRONG

GIRL'S SOFTBALL
Back row Lisa Benton, Stephanie Rondeau, Terry Williamsen, Robin Mooneyham, Nancy Walti, not shown, Erin O'Hagan Front row Mary Touher, Lynn Mc Donald, Cindy Smith, Tracy Sugee, Kelly Sugee, Natolie Martin. Coach King--Sliding Linda Hinds.

With five starting athletes still in the basketball playoffs the season began with many young and talented girls getting valuable varsity experience. With the return of ace pitcher Robin Mooneyham the cougars defeated San - Clemente 2-1 in the league opener.

Optomisium is high as the players and coaching staff felt that the cougars can go all the way. A strong defense, power hitting, and a cohesive group of young ladies working together can make this championship dream a reality. Key players to watch are: Robin Mooneyham, P. Terry Williamsen, C, Erin O'Hagan, 1**st,** and Stephanie Rondeau, CF.



Top row- Kathy Richardson, Tonia Bozeil, Michelle Bodner, Adelina Oauna, Jackie Hernandez, Becky Holms. Bottom row- Ranni Collins, Stephani Budai, Sawn Simpsom, Michelle Soria, Linda Trotter.

GUYS

First Row-Doug McElhaney, Paul Mortenson, Mark Stiglbauer, Kendall Svedeen, Howard Sewell, Dave Koons, Jeremy Sykes, Noel Pederson, Eric Pylman, Yee-Wah Fong, Chip Lucy, Todd Celestin Second Row-Bill Bathgate, Steve Lanham, Bill Parker, Steve Gaines, Ron Viggiano, Mike Kingston, Josh Haryung, Fred Cosby, Mark Hall, Lance Reed, Darrell Reyes, Kevin Bradford Third Row-Norm Kinoshita, Scott Innis, Chris Patton, Dan Westerfield, Sean Jenkins, Allen Busby, Felix Salas, Brian Thibadaux, Mike Ryan, Jim Ried, Matt Birte, Fourth row-John Kenetick, Brad Boone, Rich Chenault, Scott Wiegand, Mark Woodall, Thom Fogerty, Jeff Wilder, Scott Campbell, Pat Nolan, Mike Lawrence, Paul Douville Fifth Row-Freddie Gonzales, Bruce Boatman, Mike Davin, Gary DiMaggio, Jim Fairclough, Charlie Cassidy, Pete Lawrence, Tom Tucker, Cam Bryant, Paul Houston, Tony Bell, Sixth Row-Dave Smith, Rich Otterbrin, Dwight Gibson, Scott Sprict, Steve Riis, Kelly Grant, Stweart Parajes, Chip Holmes Absent-Brad Parker, Chris Sweeney, Ray Sliepka

Possibly the hardest working program on the Capistrano Valley campus, the boys track team was picked to be a strong contender in the South Coast league. The first two meets of the year seemed to justify that prediction as the Cougar runner soundly defeated first Costa Mesa and Workman then Anaheim and Irvine. Next at the Irvine Invitational the boys took home about 25 individual trophies and set many school records including Thom Fogerty's 4:09.3 in the 1500 meters, Steve Gaines 40.3 in the 300 meter low hurdles and the mile relay teams (Gary Dimaggio, David Koons, Steve Riis, and Howard Sewell) time of 3;27.6. Outstanding individuals on the team including Fogerty, Scott Campbell, Scott Wiejand, and Jeff Wilder in the distance races, Sewell, Riis, Brad Parker, Cam Bryant, Sean Jenkins, Demaggio, and Koons. In the sprints. Pole vaulter Jim Fairclough and Charlie Cassidy, Weightmen, Scott Innis and Bruce Boatman, jumper Pete Lawerence and hurdler Gaines also helped the team tremendously. With such strong pre-season performances and the tough training program of Coach Tom White the team is assured of continued improvement, and possibly the South Coast League title.

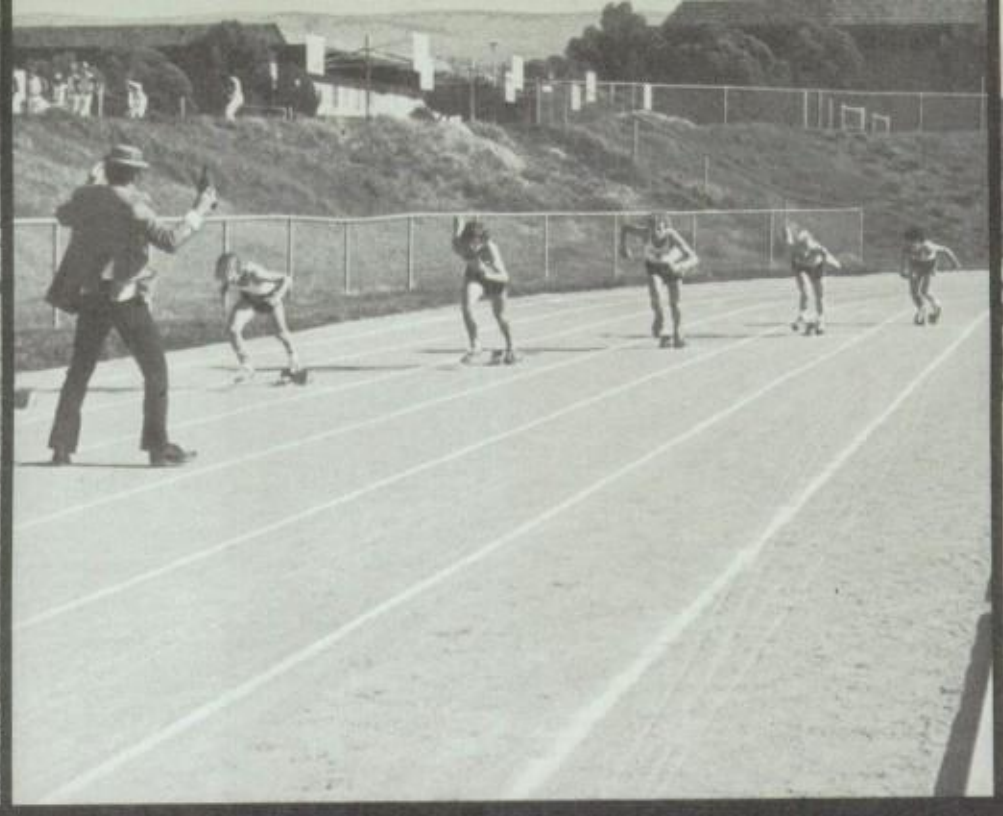
Lynn,
You're a BEAUTIFUL
girl with a bright future. I
have enjoyed knowing you during
your high school years.
Best of luck in All You Do,
Mr. White

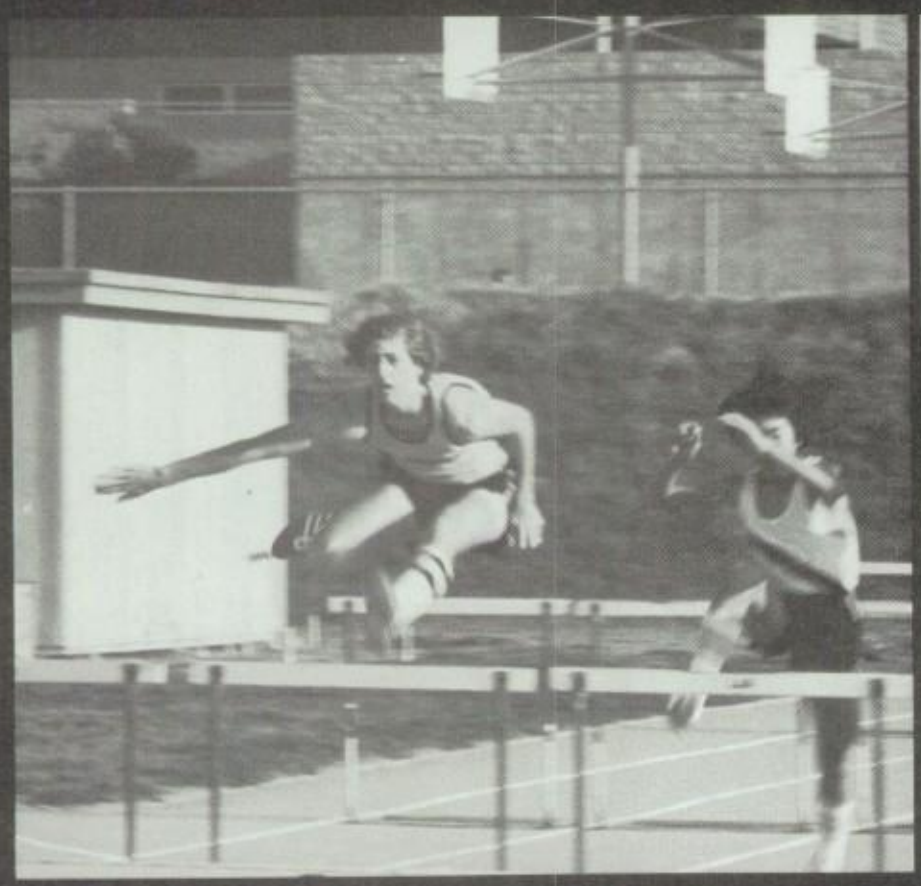
AND THE GALS

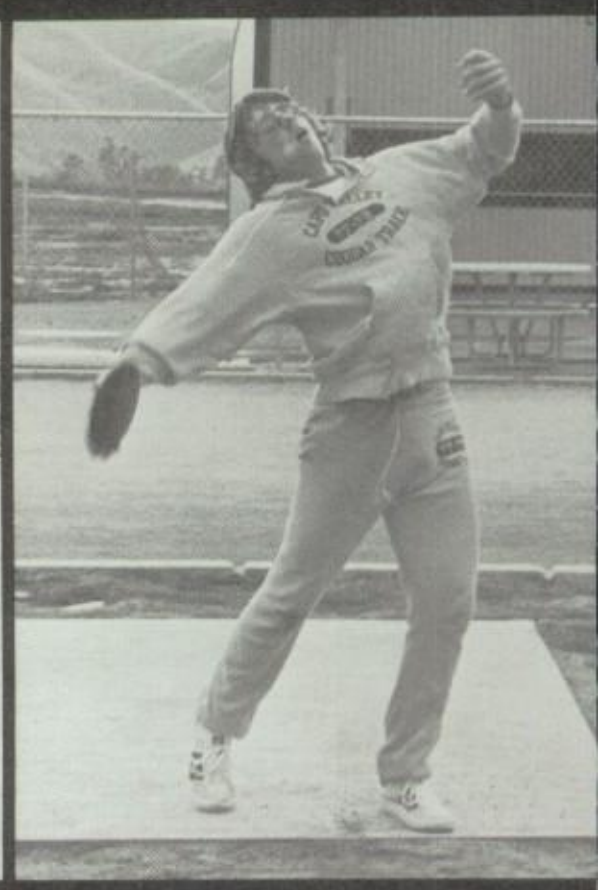
Another of the powerful CVHS female teams was this years girls Track Team. Last year the girls team was one of the top in CIF. Judging from their performances in the first two meets they look in fine form to take this years South Coast League title. At the Santa Ana Relays the sixteen girls brought home 44 awards. Then at the Irvine Invitational they won another 18 awards and second place of the 18 teams there, while winning both the 400 meter and 1600 meter relays. Leading this seasons squad are sprinters Michele Messersmith and Linda Ivers, who along with hurdlers Jerri Baker and Gail Grabowski, Middle distance runners Nancy Tanner and Monica Zepeda, distance runners Donna Wilson, Dawn Pliske and Gina Nagan who all look like solid favorites to win the league crown.

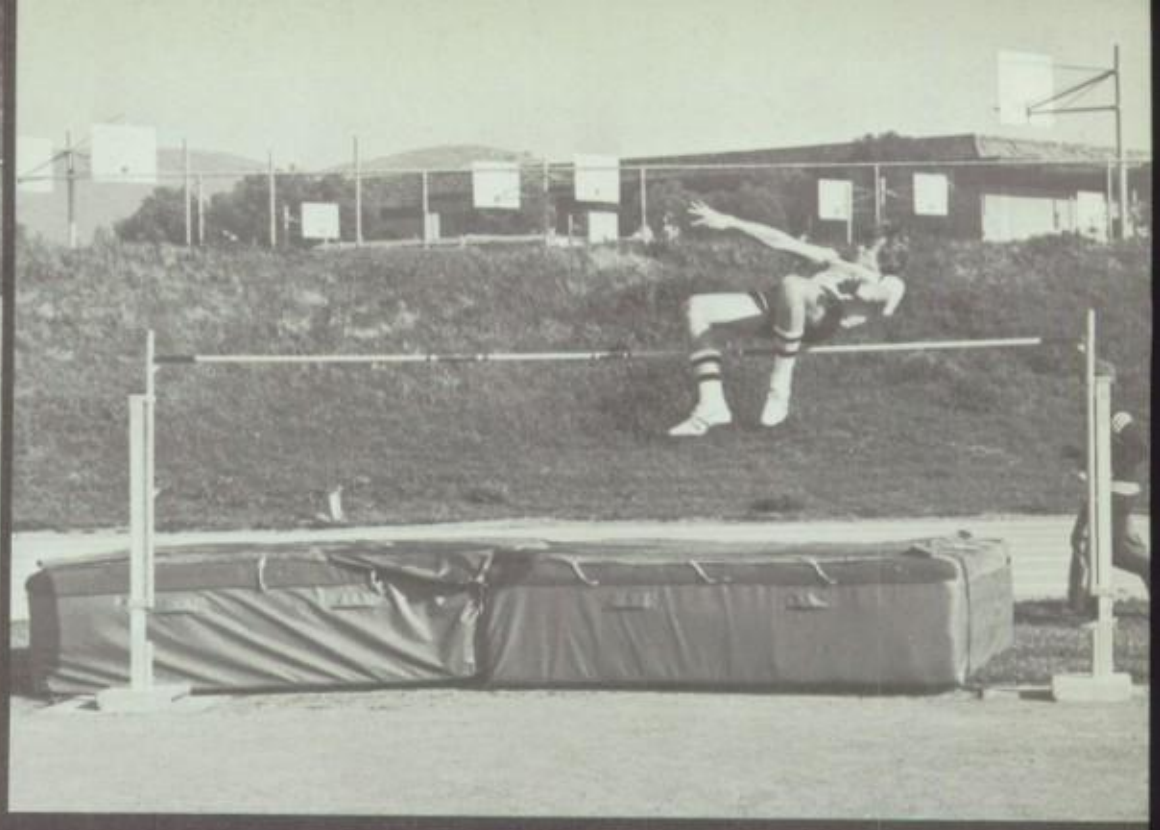
First Row-Judy Schubert, Sarah Nordell, Sandi Stiglbauer, Gina Najm, Monica Zepeda, Second Row-Lisa Powell, Hilary Sykes, Gail Grabowski, Ann Mitton, Anne Rymer, Michelle Dipsner Third Row-Donna Wilson, Jerri Baker, Michele Messersmith, Karen Owen, Wendy Wolfe, Fourth Row-Dawn Pliska, Linda Ivers, Jody Kveitz, Teri DeBusk, Nancy Tanner, Kathy Keenan

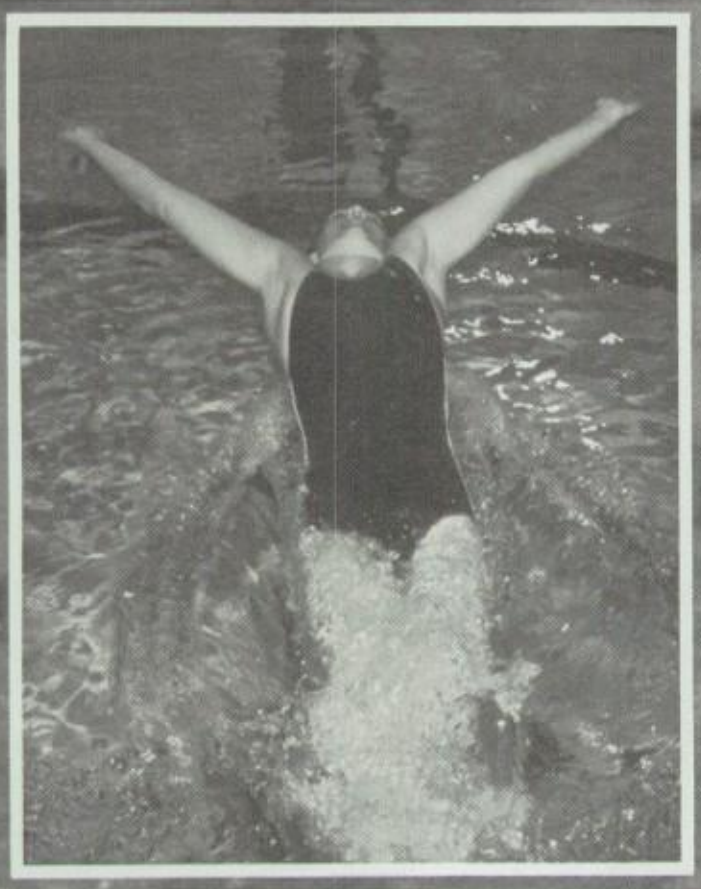
TRACK











The Cape Valley Swim Team displayed a fine record for the year. With a [illegible] dual meet record they tied for 3rd place in the league alongside San Clemente High. Besides swimming achievements Coach Stoddard also coached the diving team. From these two fields he sent three sophomores to CIF competition. Our lead diver, Tim O'Brien placed 2nd in the competition. In the swimming category Joe O'Brien placed 9th in the 500 yard freestyle, while Mark Maldanado swam the 50 yard freestyle and the 100 yard freestyle placing 9th and 10th respectively.

The year was a building one with [illegible] members on the team in their second year. Concluding the year, Terry Stoddard said his teams look good for future league and CIF competition.

GIRL'S SWIMMING

Left to right: Diane Bathgate, Kathy Betterfield, Kristin Thrope, Karen Thrope, Kelly Blice, Shuana Cisouski, Terry Wen, Donette Dunaway, Deana Bora, Denise Bora, Andrea Beck. Not shown; Karen Kohlmeier, Laurie Berman,Lisa McLaughlin, Anne Richardson, Laurie Boucly.

Mark Lockereff

Roy Jenkins

Brent Deever

Andy Hein

Jeff McLean

Mike Wilhelm

Roy Jenkins

Mike Sexton

Mark Lockereff

Jeff McLean

Standing: Coach Tom Stringer, Brent Deever, Mike Wilhelm, Mike Reissmueller, Mike Sexton, Andy Heins, Todd Scheiderman, Terry Bass Kneeling: Larry Pallicelli, Jeff McLean, Roy Jenkins, Larry Wilkin, Nick Hanna, Chris Dellota Missing: Mark Lockareff, Teddy Romero

Teddy Romero

Brent Deever

Roy Jenkin

Larry Paolicelli

Jeff McLean

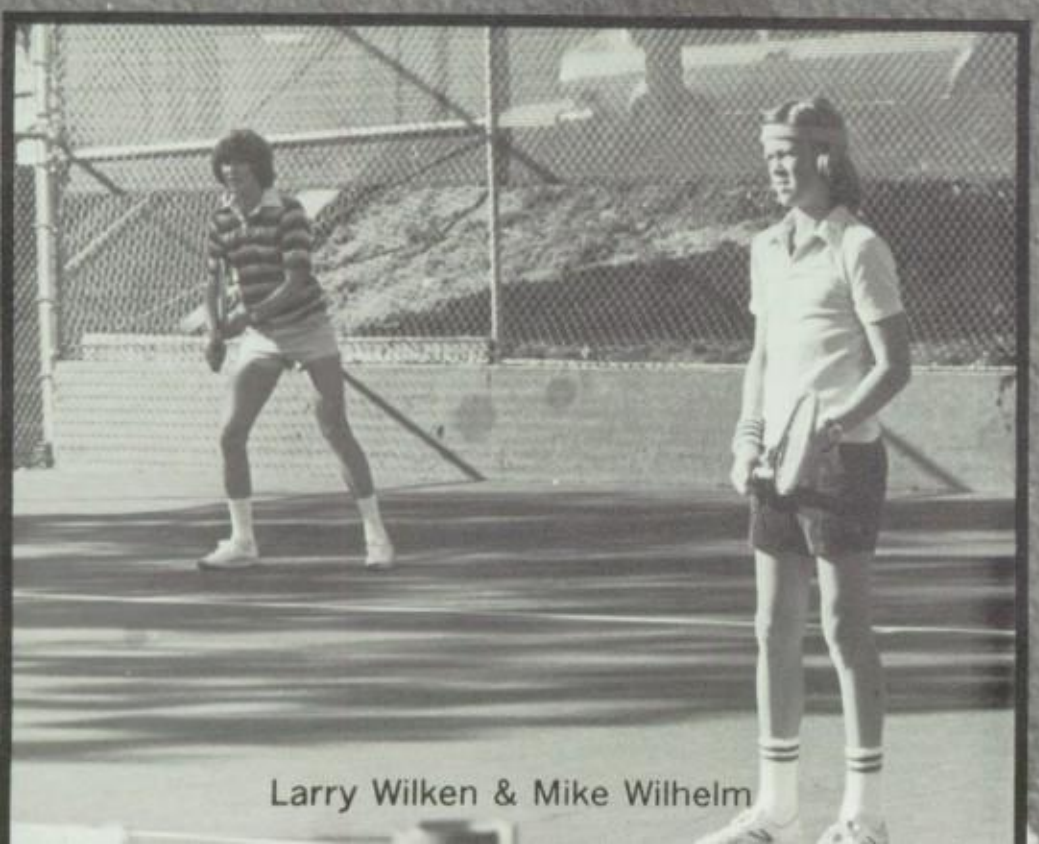
Brent Deever

There's no love in this game

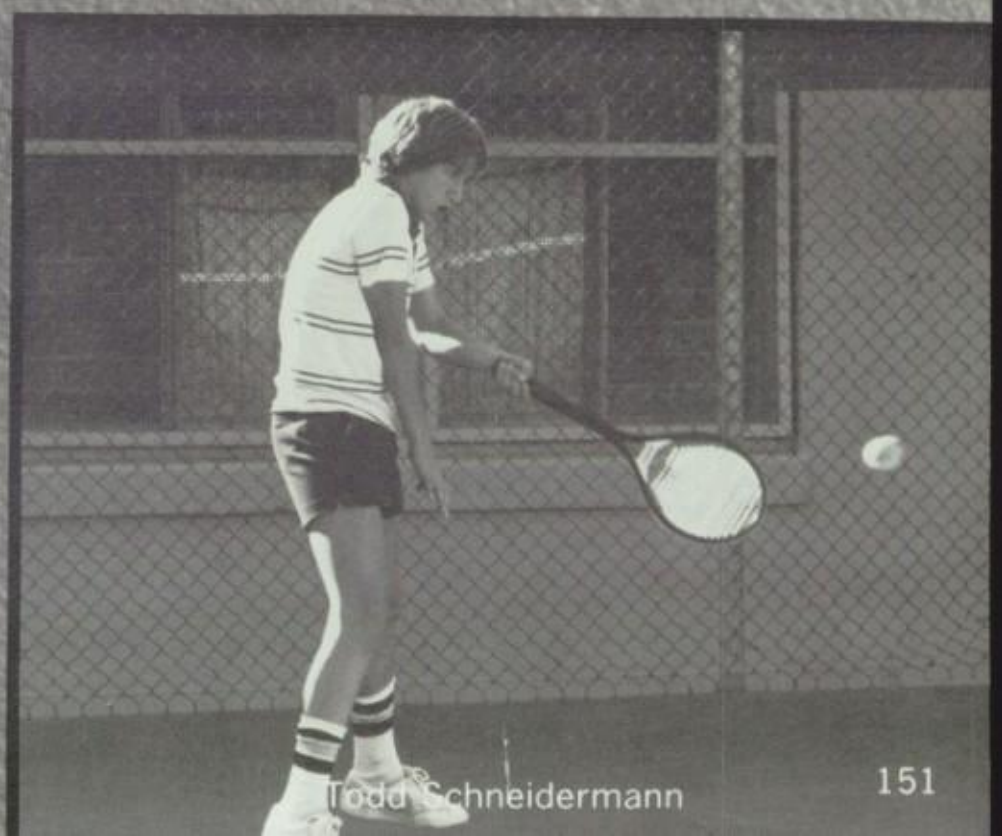
Andy Hein

TENNIS ANYONE?

This year's boys tennis team goes into league play with a 2 and 2 record. The south coast league will provide tough competition with perennial powers such as Laguna Beach, San Clemente and Mission Viejo fighting for the title. Capistrano Valley enters the league anchored by seniors Mark Lockareff, Jeff Mc Lean, and Teddy Romero; Juniors Roy Jenkins, Andy Wilken, Sophomores Mike Sexton, Andy Hein, Todd Schneidermann, Nick Hanna and Terry Bass and Freshman Mike Wilhelm, Brent Beever, Kris Dellota and Larry Paolicelli. Coach Stringer feels that this is a growing year with so many young players and he hopes that when courts are built at CVHS the program will improve greatly. He also wishes to thank the Capistrano Valley Golf Club for providing courts for the team which otherwise would have nowhere else to play.

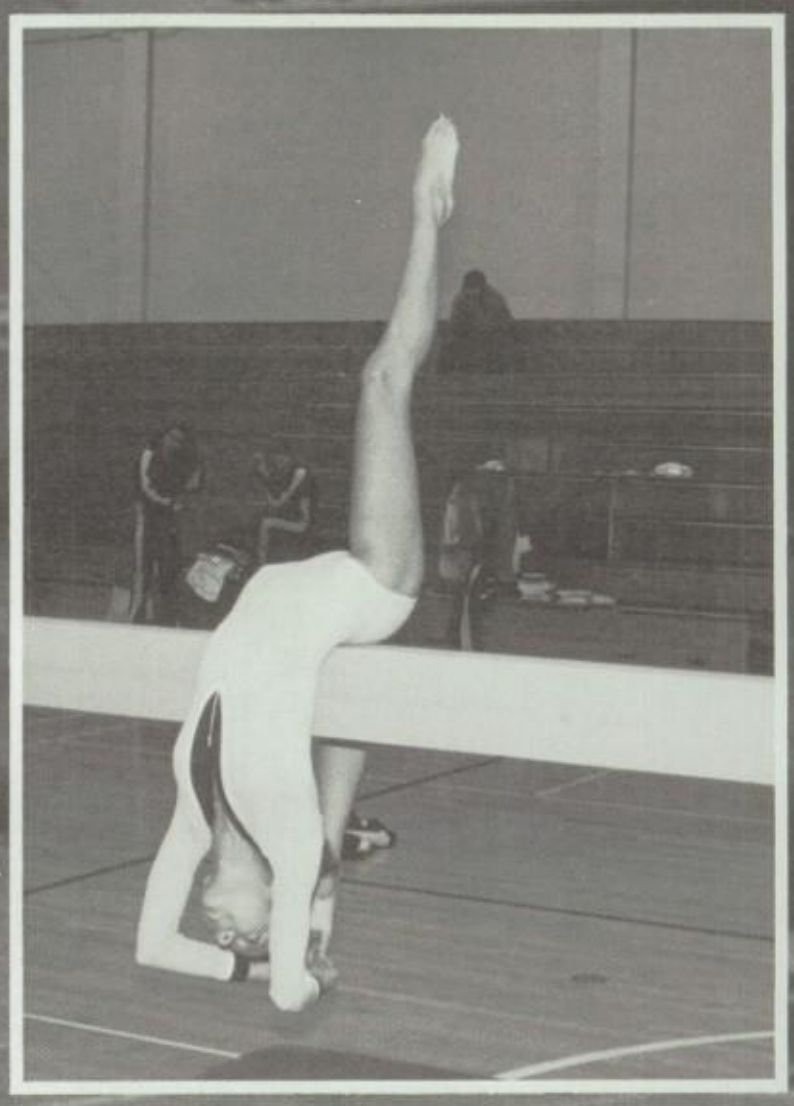


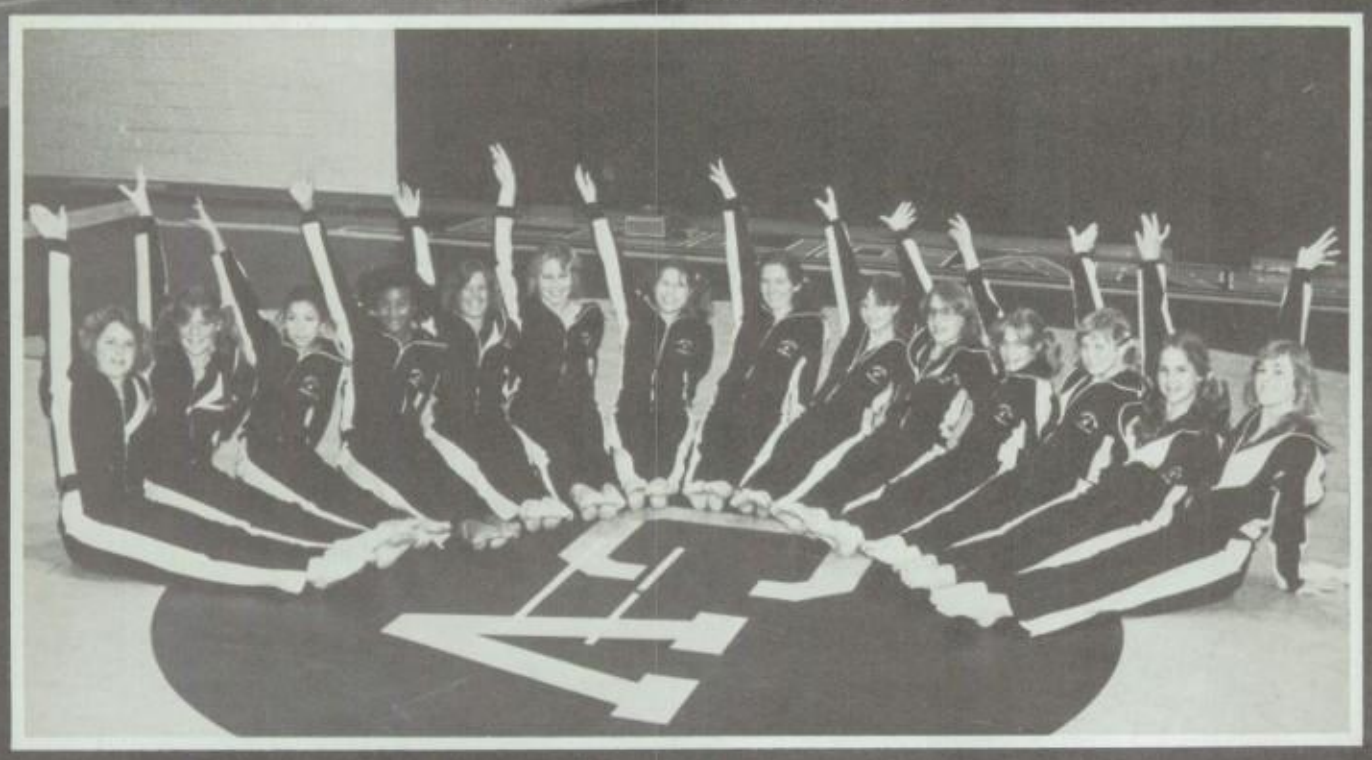
Larry Wilken & Mike Wilhelm



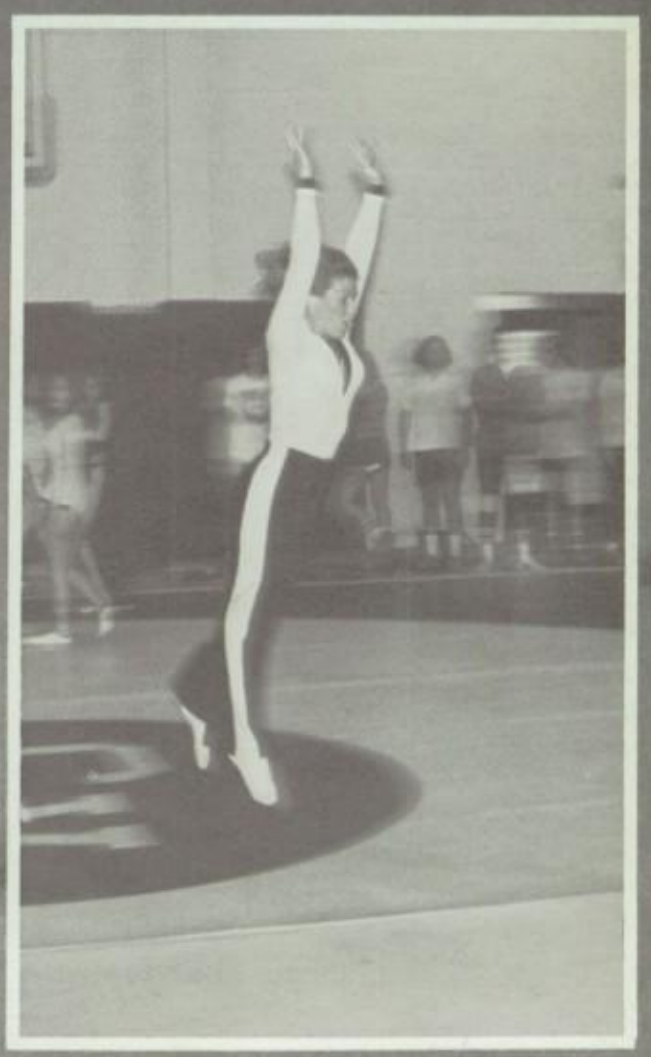
Todd Schneidermann

J.V. Top Row: Leslie Hackett, Julie Ryan 3rd Row: Tricia Grose, Kathy Conan, Kelly Pool 2nd Row: Mitzi Haryung, Susan Peterson, Lisa Glatfelter, Mary Hewitt 1st Row: Jennifer Robins, Cassandra Osuna, Kelly Barber, Julia Vida, Tammy Love Missing: Amy Rosales





VARSITY Dawn Bardens, Julie Dobkins, Tina Marchello, Tara Warren, Kathy Kading, Kelly Buckly, Elaine Romero, Heidi Reinke, Dawn Patterson, Shari Butnovsky, Deann Coyne, Jaeleen Bertolino, Deana Klein, Lisa Hadley. Missing: Corinna Beck, Kelly O'Neal



GYMNASTIC TEAM

This year's Gymnastic Team has grown immensely in size but will be lacking in experience as a majority of its members are freshman and sophomores. The group has shown much potential, but I look at this season as a building year with most competitors peaking in the next 2 years.

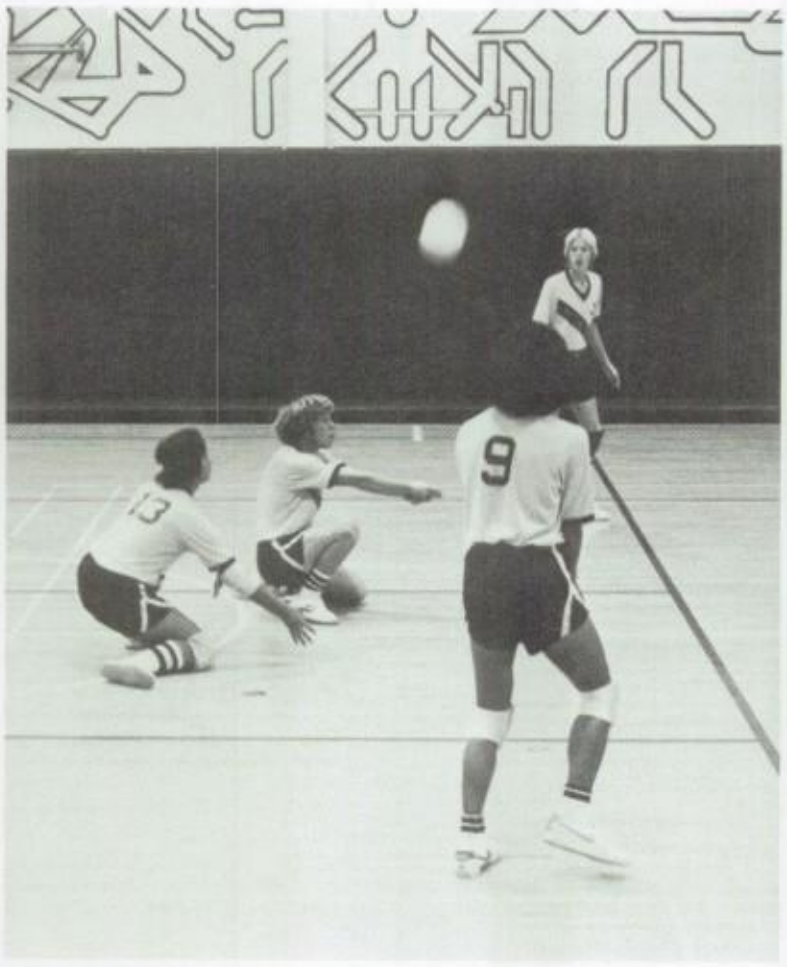
You may look for some outstanding performances from the following girls:

VARSITY
Shari Butnovsky - fine tumbler & floor Ex.
Kathy Kading - superior tumbling moves
Heidi Reiniche - strong all around member, specialty on beam

J.V.
Susan Peterson - strong all around
Julie Ryan - Adding experience to the group
Mitzi Haryung & Tricia Gross - Strong vaulting

VOLLEYBALL

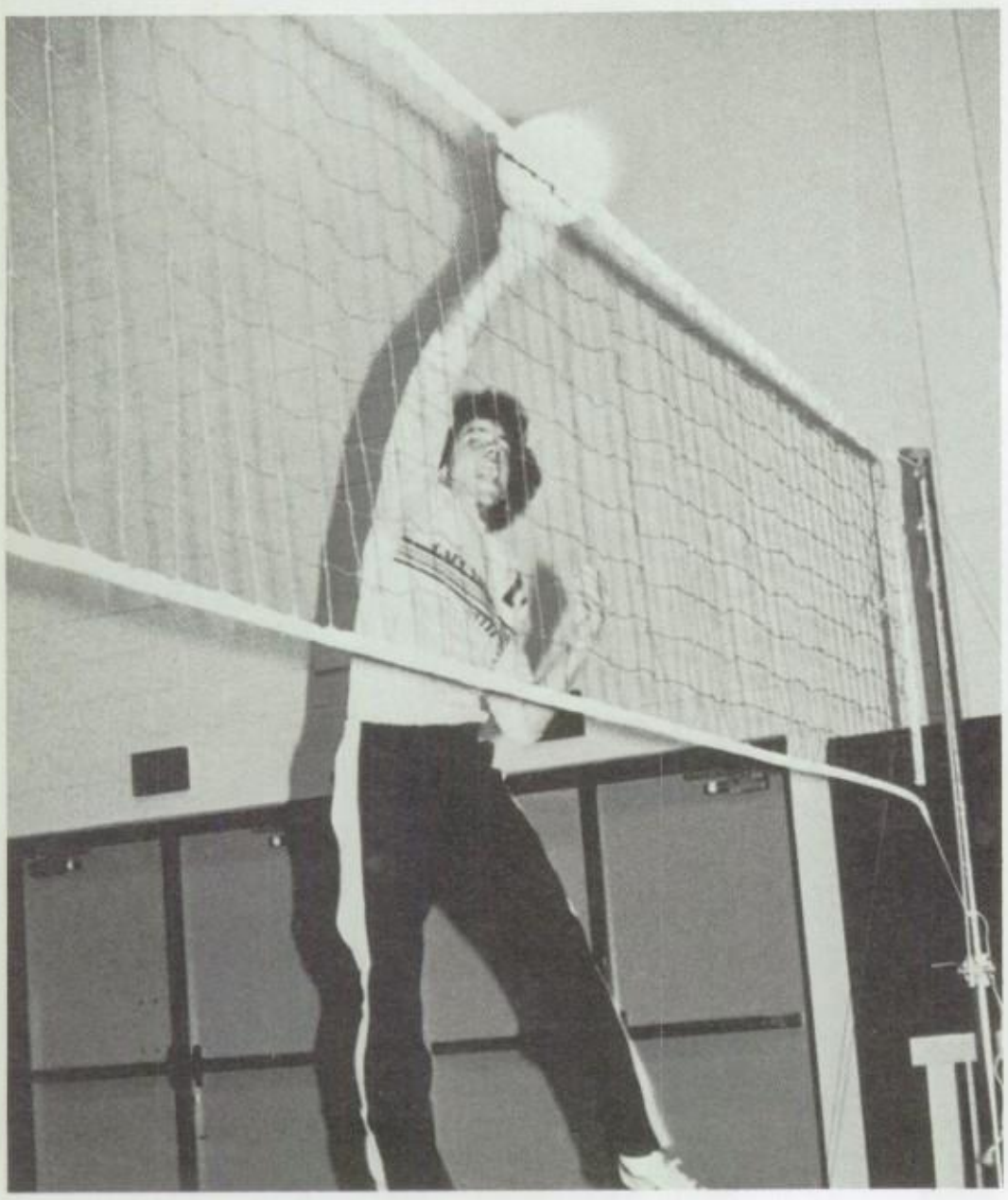
Our Volleyball Teams experienced a challenging second year. They started their eason off by defeating El Toro High, Eighth ranked in CIF State Competition. The Chargers weren't the only players to be stomped out as the Cougars won Five other games at the start of the season. Both the Varsity and J.V. teams have shown terrific skills and sportsmanship making this an exciting season.

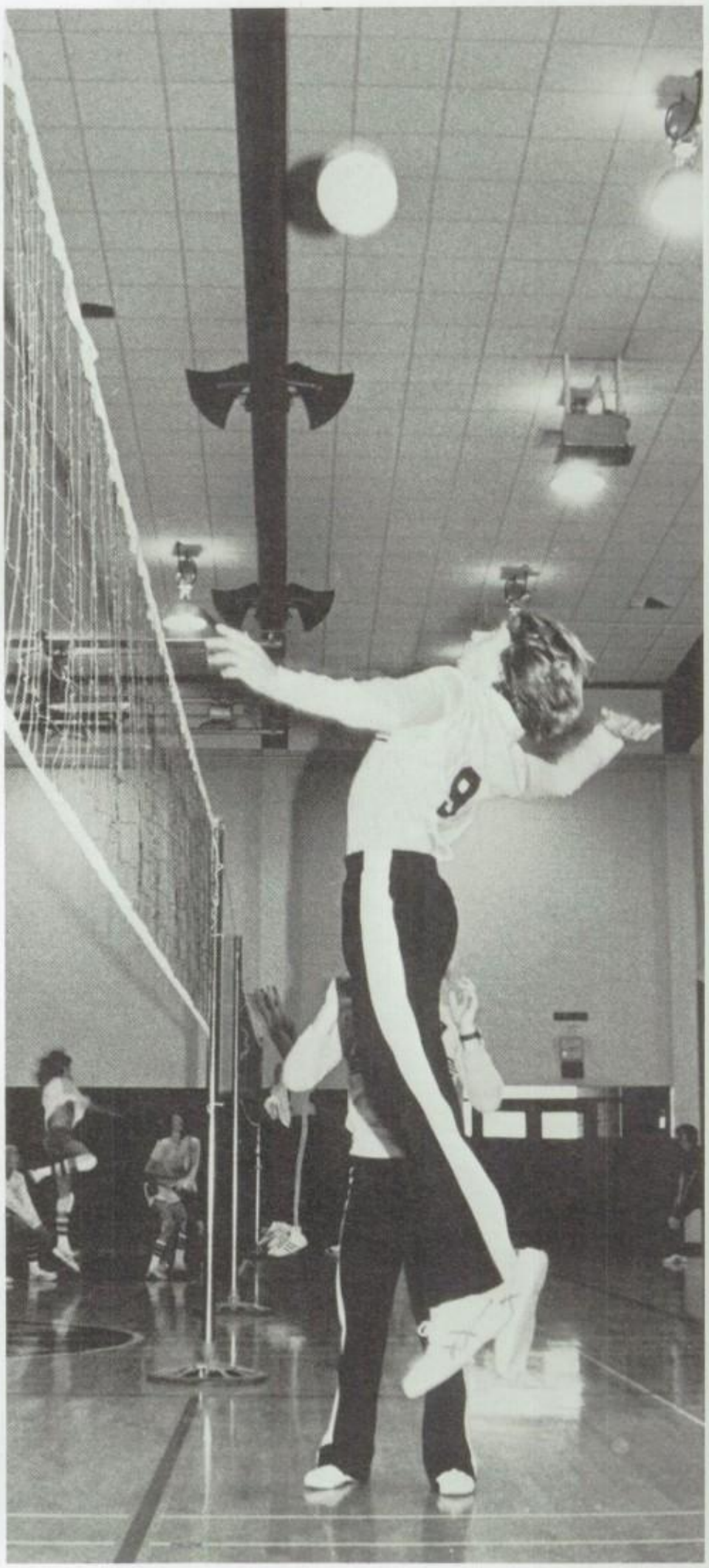


COACH MELODY PARKER

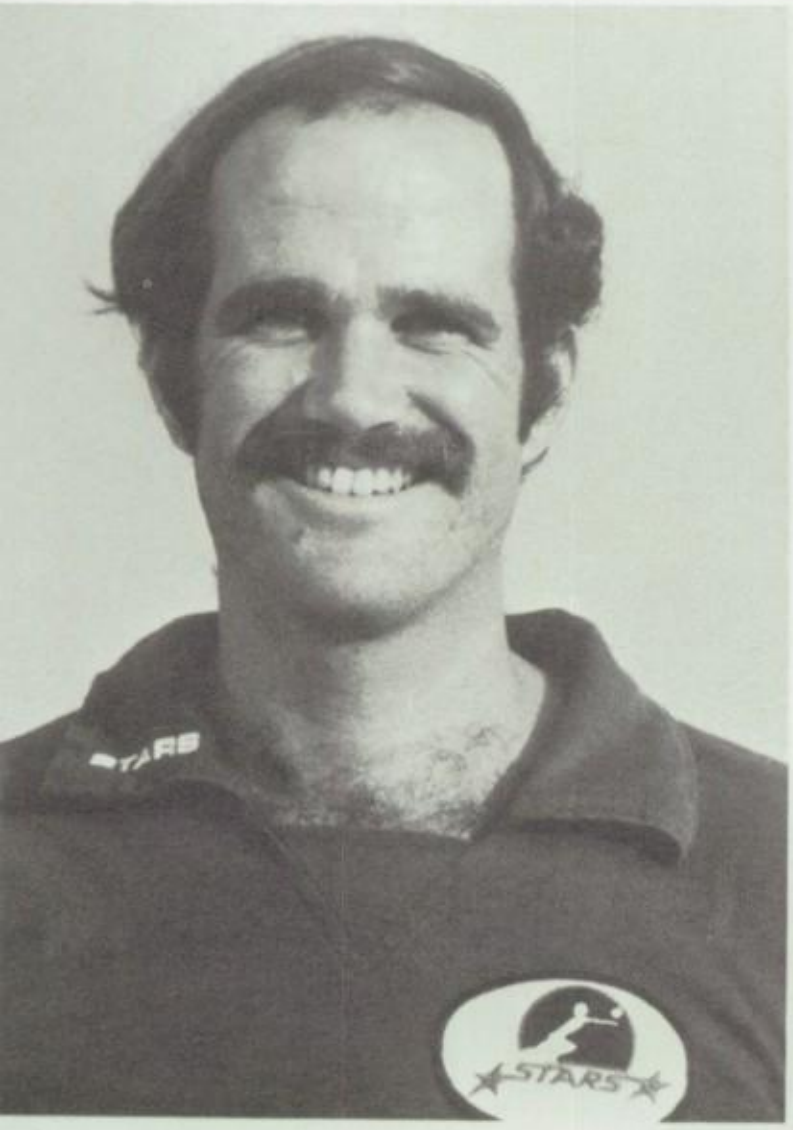
Varsity: Tad Braun, Mark Brayden, Mike Sagely, Toby Braun, Nick Constantino, **Top Row:** Jeff Pfifer, Sam Yousef, Ron Cruz, Greg Shramar.

J.V.: Bernie King, Joe Barron, Jeff Chaska, Todd Jensen, Harold Loretoro, Jeff Dawson, **Top Row:** Paul Ireland, Rick Dan Dan, Jim Fulton, Chris Murphy, Shaun Reddington, Steve Friedman, Chris Shaller, Dan Kusky.





IN MEMORY OF
DODGE PARKER



DODGE PARKER Player/Coach

Setter
#7

STARS
ORANGE COUNTY

An inspirational and considerate man, Dodge Parker has left a lasting impression on the lives of his friends and all those who knew him. Although he was not the coach of our volleyball teams, he spent many hours helping our players. Dodge shared his experiences, both as a player and as a coach, with our students, helping them in their game and in their lives.

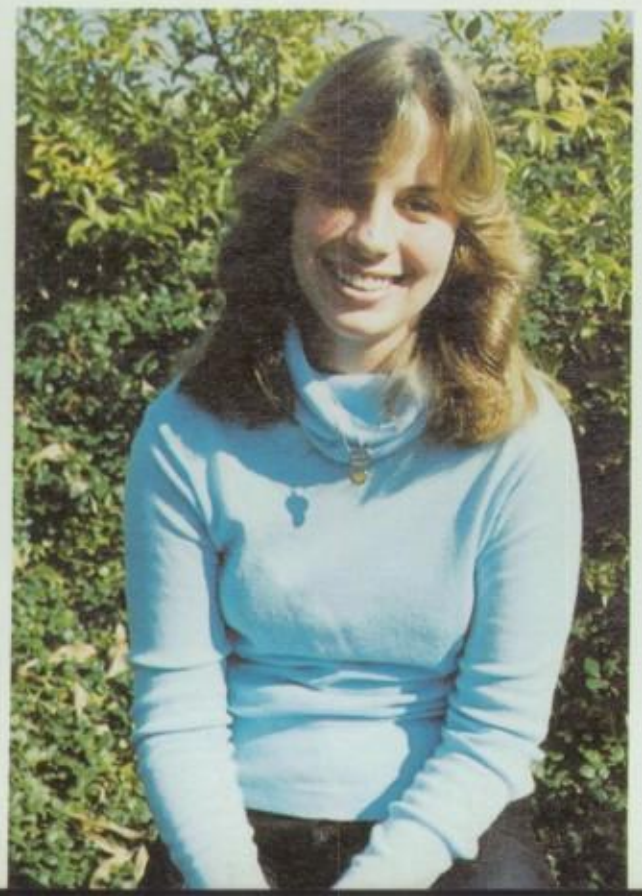
We at Capo Valley express our thanks for all the hope, inspiration, and joy Dodge Parker has given us during these past two years.

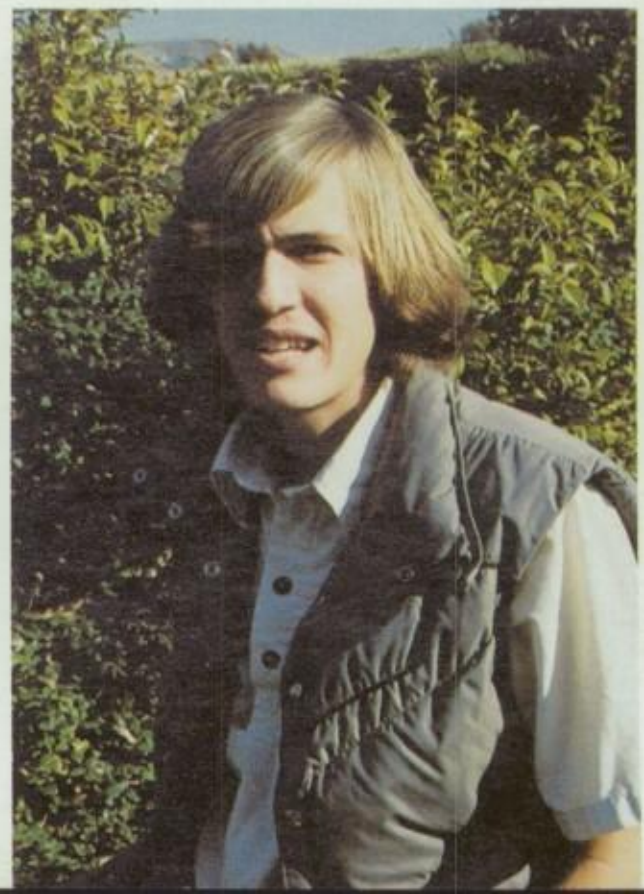
Seniors

As graduation draws near we look back at the many experiences we have shared with friends at Capo. Valley. Whether they were good times of bad, they will soon be washed away "in the sea of memories." Now we must look ahead to new horizons. High school is just a stepping stone in our paths to successful futures. With a beautiful sunset tonight comes another new and glorious sunrise tomorrow.

Best of Luck class of '79

Senior Class Officers
President
Chris Reissmueller
Vice President
Laura VanPeursem
Secretary
Colleen Hubble
Treasurer
Kim McKecknie
Class Reps.
Tonia Steinke
Mike Shannon

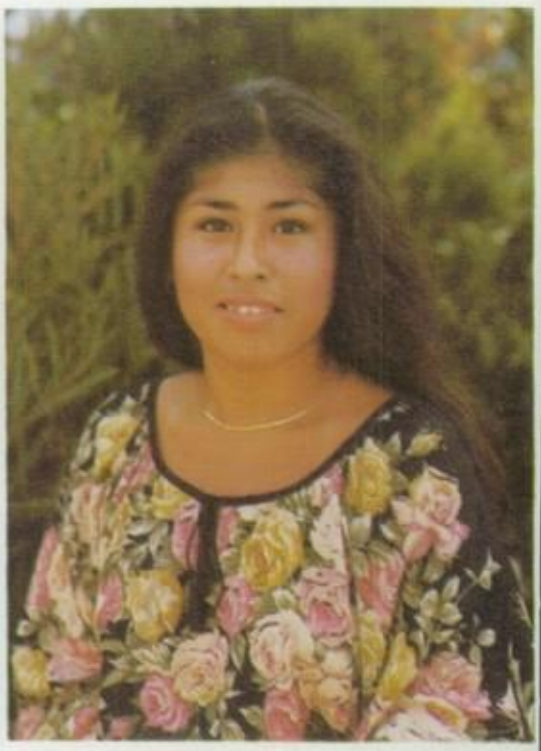




Erich Adams

Ronnie Adams

Francis Addonizio



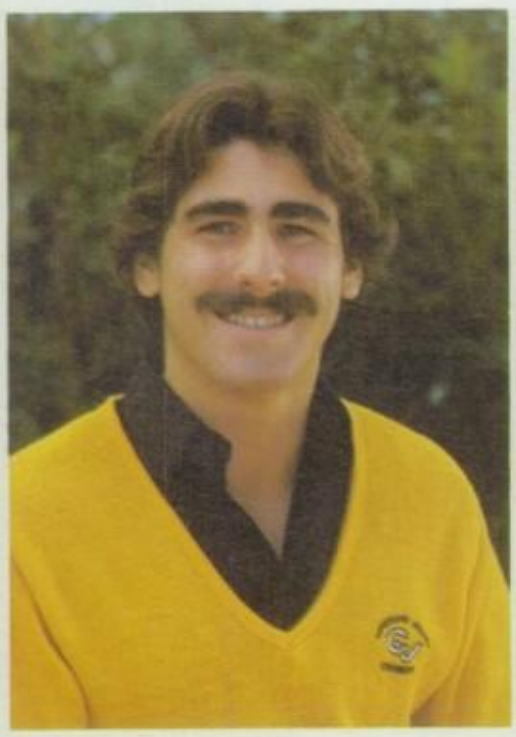
Amparo Aguilar

Elva Aguilar

Melissa Aguire

Armando Albanez

Philip Albert



David Archuleta

Cheryl Arneson

Denise Arocha

Brenda Banks

Jeri Barker

Katherine Barrett

Diane Bathgate

Estella Beas

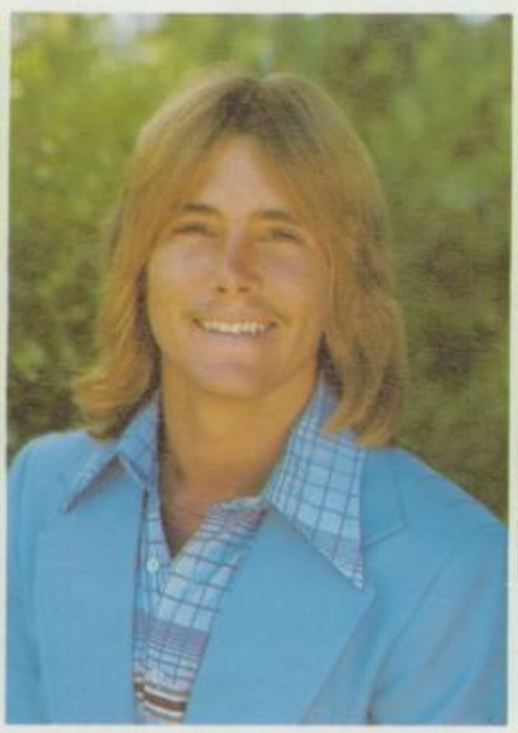
Dale Beck

John Beck

Stephen Bell

Tammy Bics

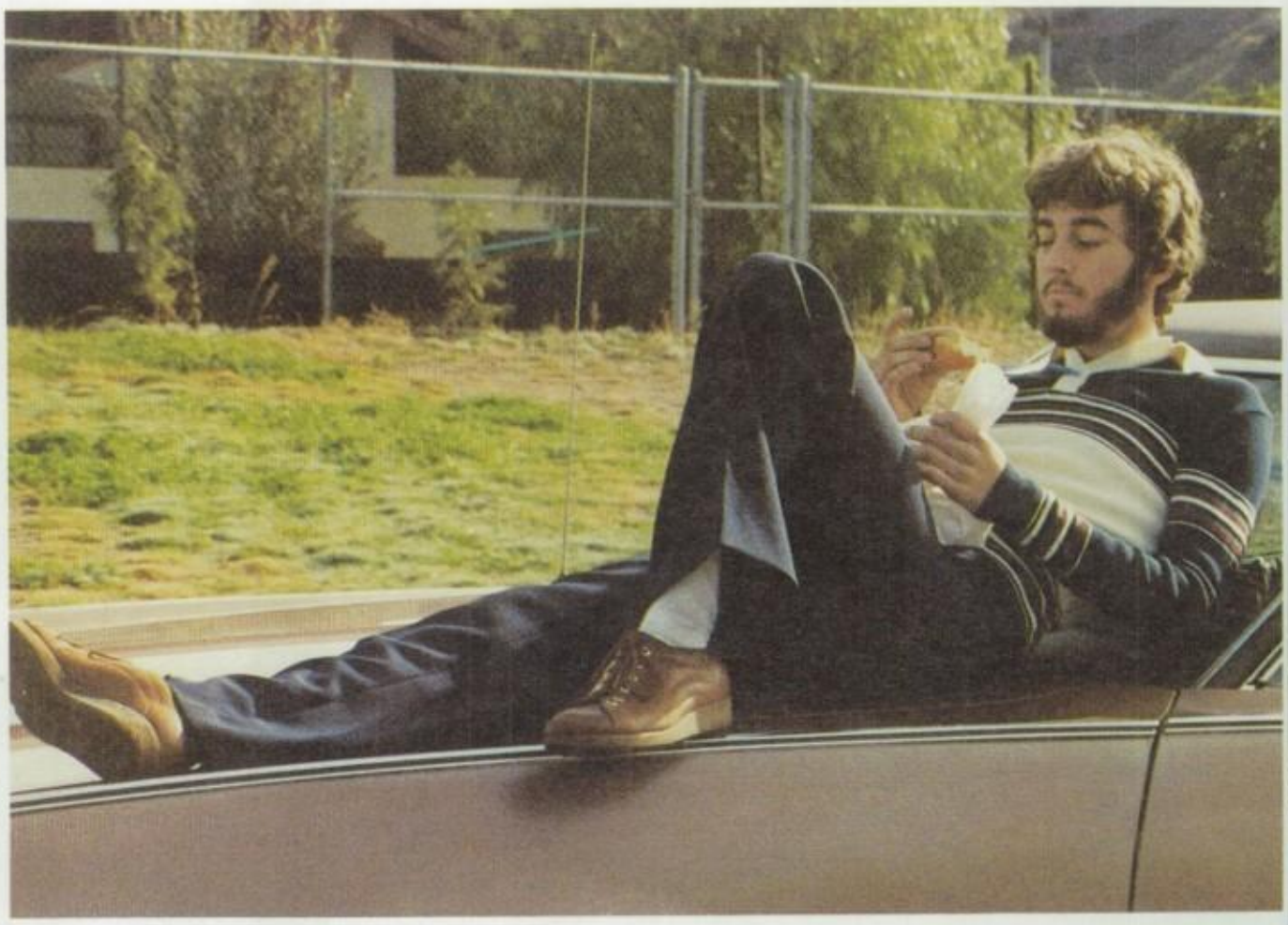
Brad Biegon

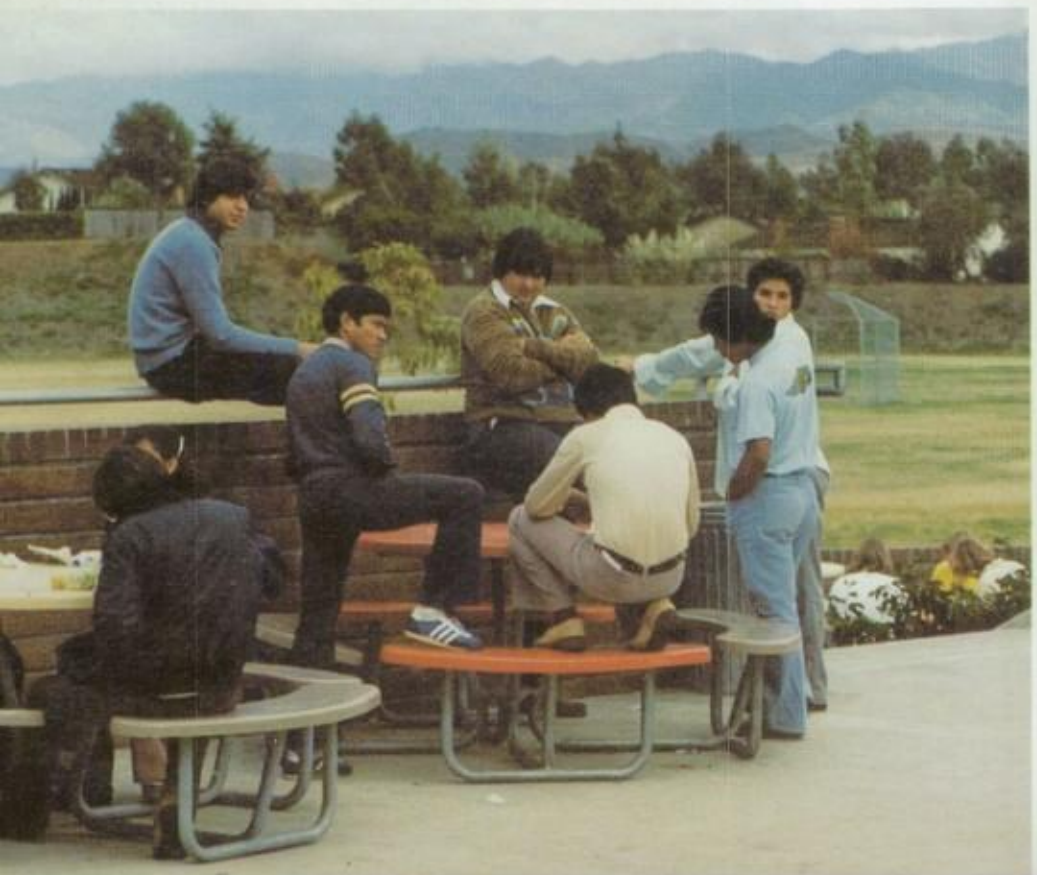


Kevin Biggs

Susan Bishop

Ann Boardman

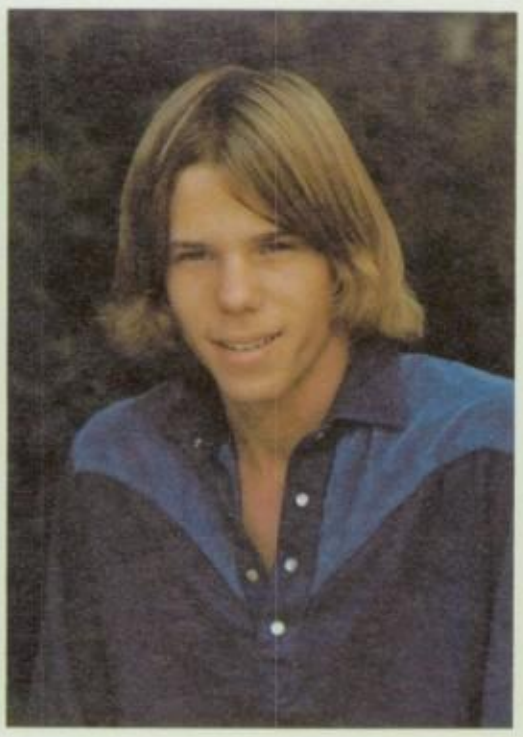




Carolyn Boehmler

Kathi Bohlmann

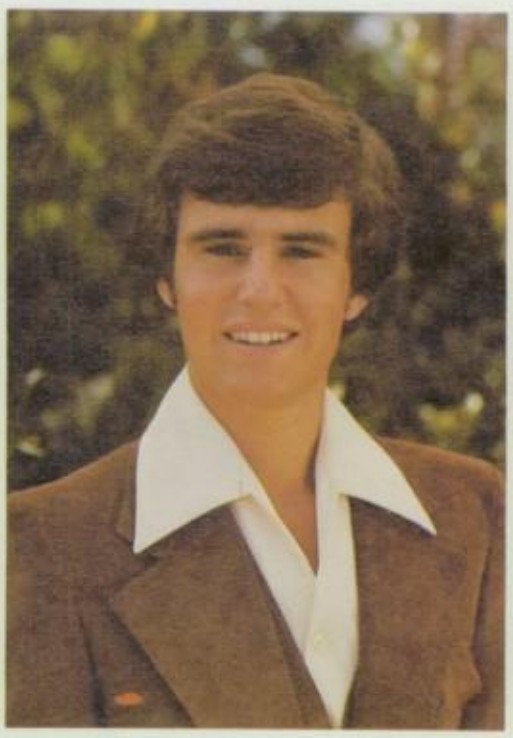
Ronald Bozarth



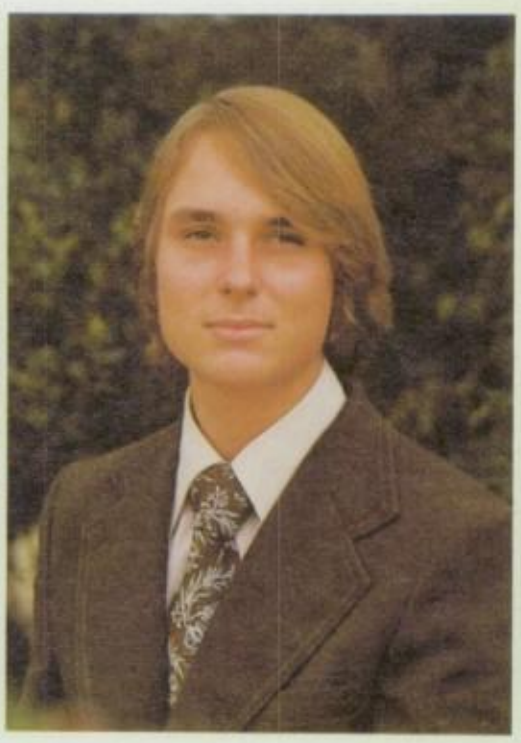
Thomas Briggs

Elizabeth Brokken

Marie Brouillette



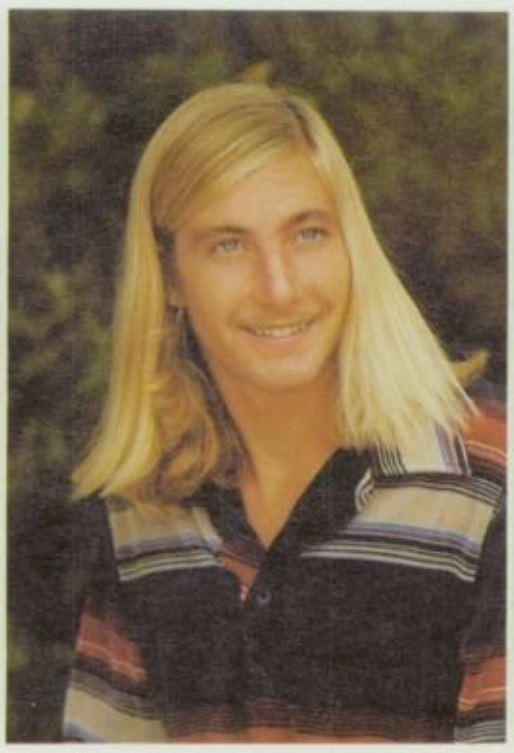
Ronald Brown



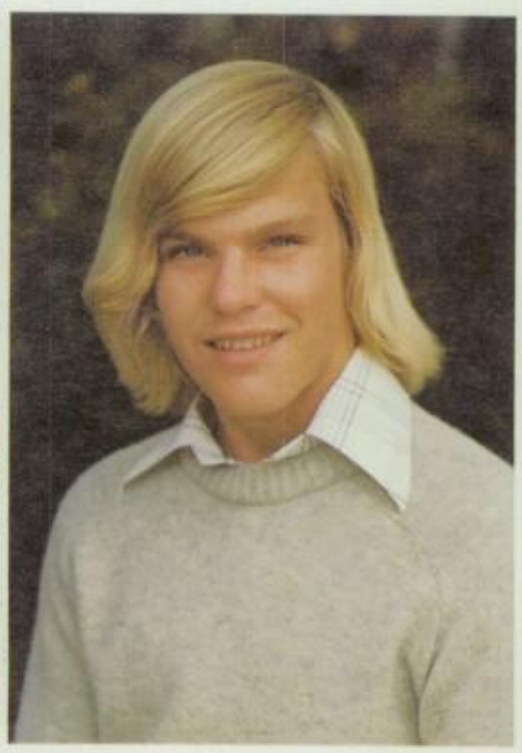
Gary Brozio

Susan Buck

Jeri Burnett



Kevan Burt



Matt Calley

Don Campbell

Matthew Campbell

Sandra Carujo

Brenda Carter

Charles Cassidy

Robin Charles

Edna Chaska

Glenn Claudmagnusen

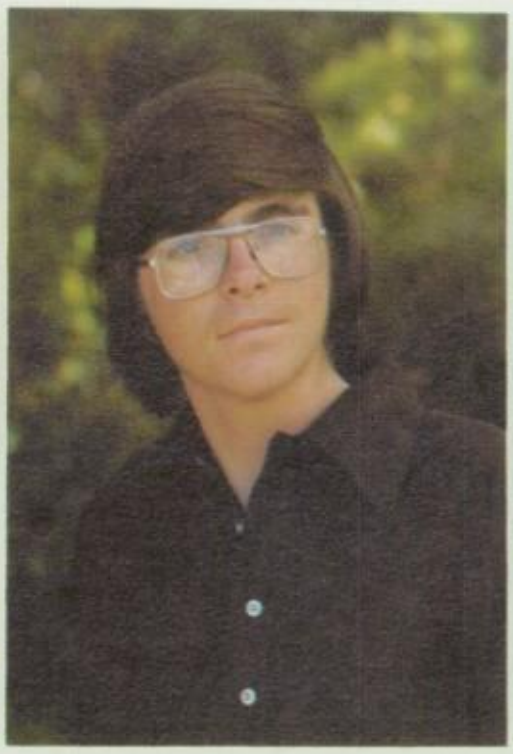
Renee Clauzel

Charles Cline

Nicolas Constantino

Gloria Contreras

Mike Cook



Kevin Cooper

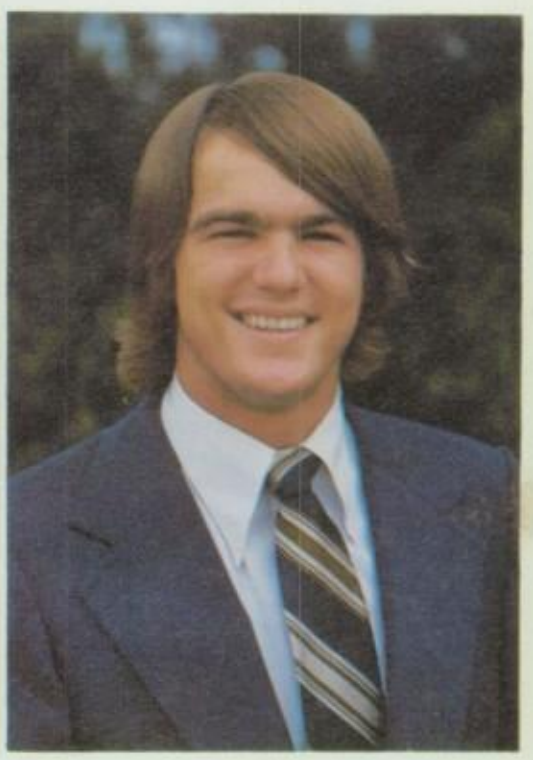
Donna Cordry

John Couch

Susan Crean

Ronny Cruz

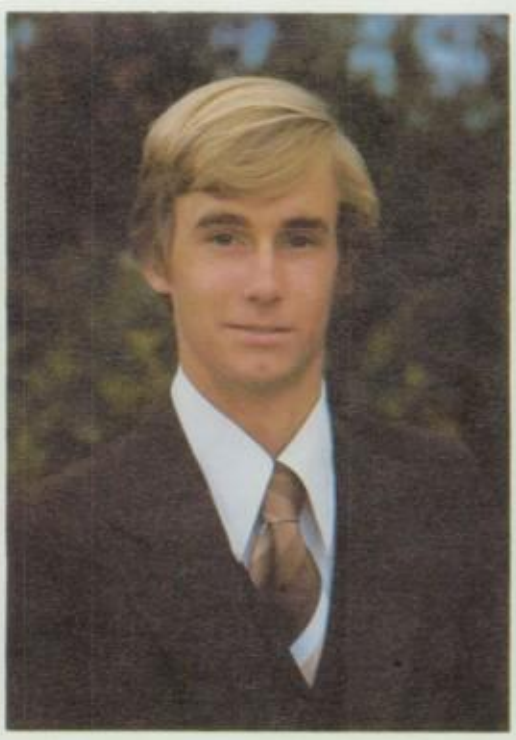
Michael Cukrov



Pat Dargan

George Dawson

Lisa Denney



Mark Deuser

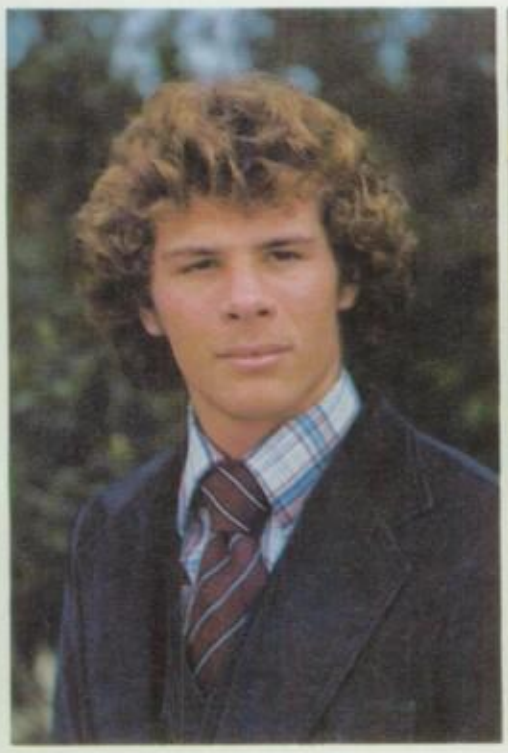
Gary Driscoll

SUPER

As we look back, our Senior Year is remembered as an instant in time, a single memory. The Good or Bad feelings we get from the senior year are derived from the certain moments of Joy, Sorrow, and General Confusion that we all have. Everyone likes to remember the Good times & forget the bad. For those who had detention four out of five school days, the bad times may be a

SENIORS '79

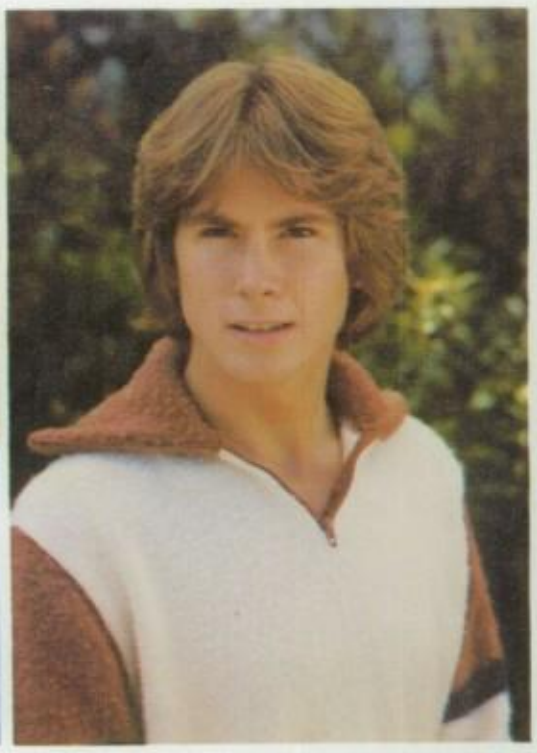
blunt reminder of the days of educational guidance. Yes now for some it's time to go to college and hit the books, without someone looking over your shoulder. Or enter into a career to obtain your livelihood, a sense of Pride & Accomplishment. For those of you that make a million, remember your friends at the class reunion.



Mike Dunivin

Jeffrey Dunn

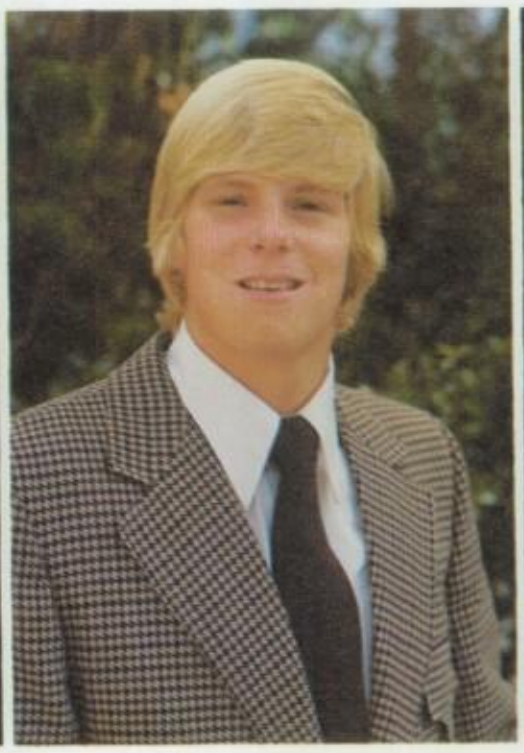
Dinny Dunsmore



Michael Eastman

Teri Elliott

Kerrie Engle



Steve Enright

Carrie Erickson

Lynn Farnham

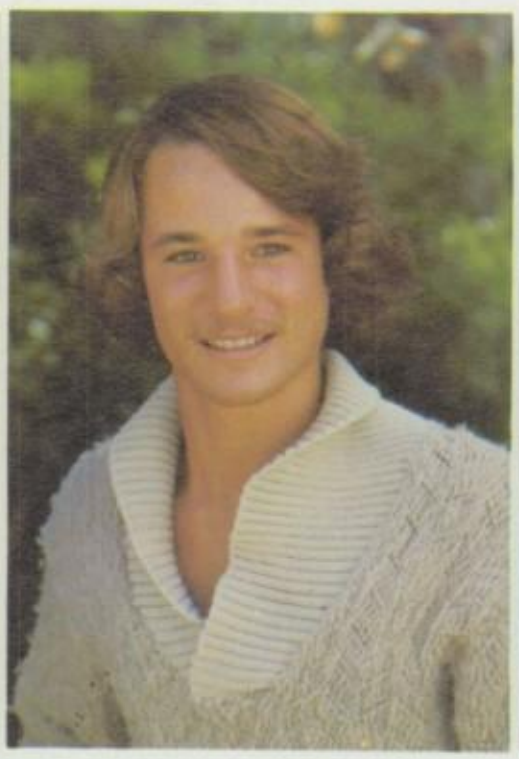
Amy Farrell

Deanna Fawcett

Diana Fawcett

Bert Fenenga

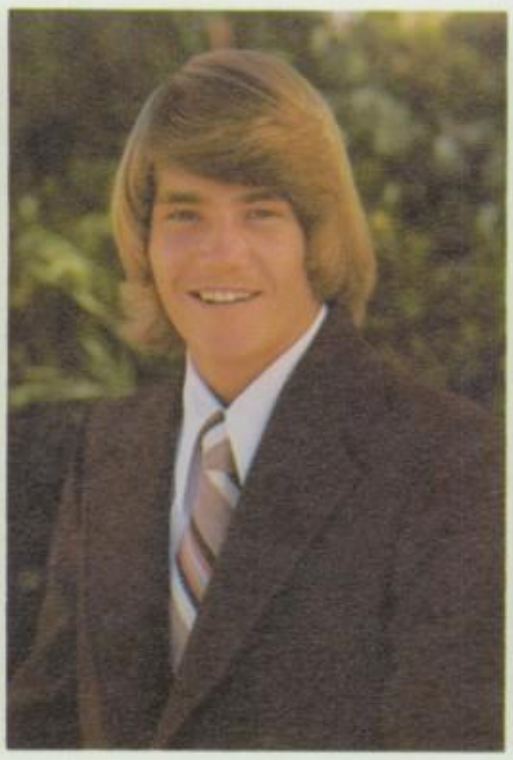
Terri Ferrara



Dave Ferrari

Tina Fiantaco

Deborah Fisher



Craig Fleetwood

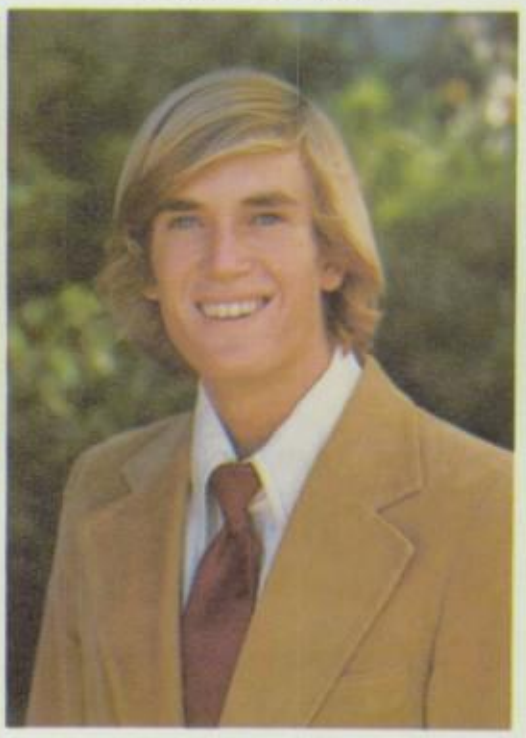
Tom Fogerty

Carl Forsman

Patricia Foucand

Carl Fox

Steve Frederickson

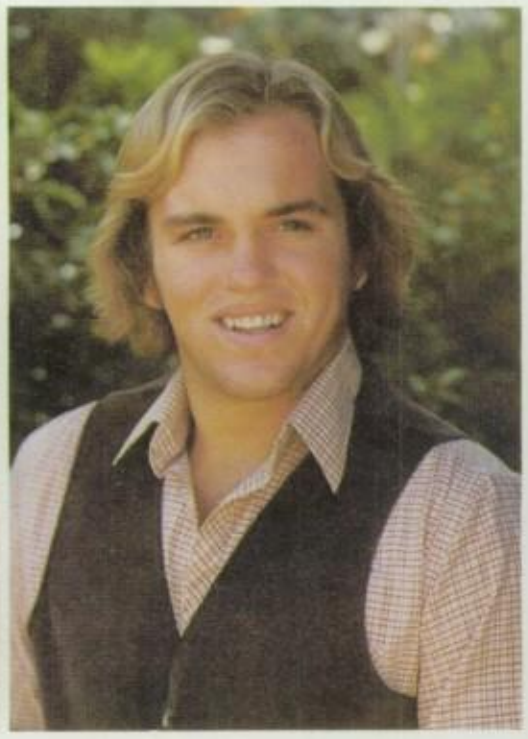


Keith French

Robert Friedman

Andrea Froemke

Reynold Furrell



Brad Gaines

Laurie Galkin

Lisa Gamble

Kelly Gardetto

Dean Genter

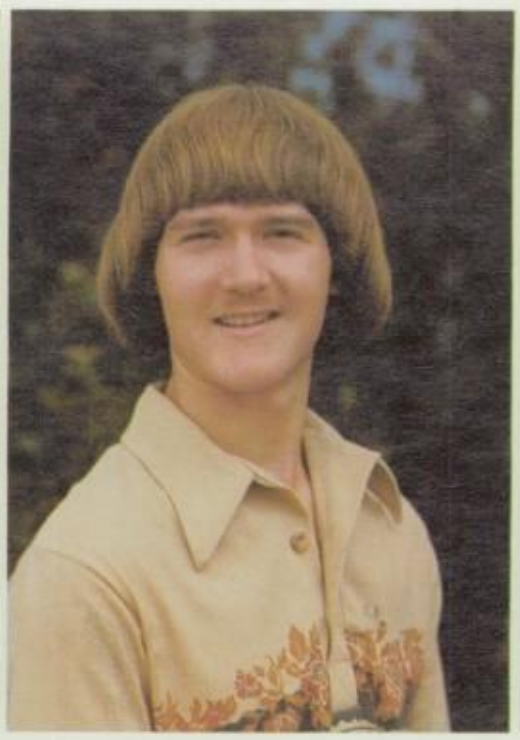
Christine Glaser

Lori Goshe

Kimberley Greer

Brian Griffith

Frank Grijalva



Tom Grimes

Steven Grod

Lauren Groslouis

Rosie Guck

Yves Halliburton

Steven Hamilton

John Hammond

Cindy Hankins

Jackie Hankins

Melanie Hansen

Melinda Hardy

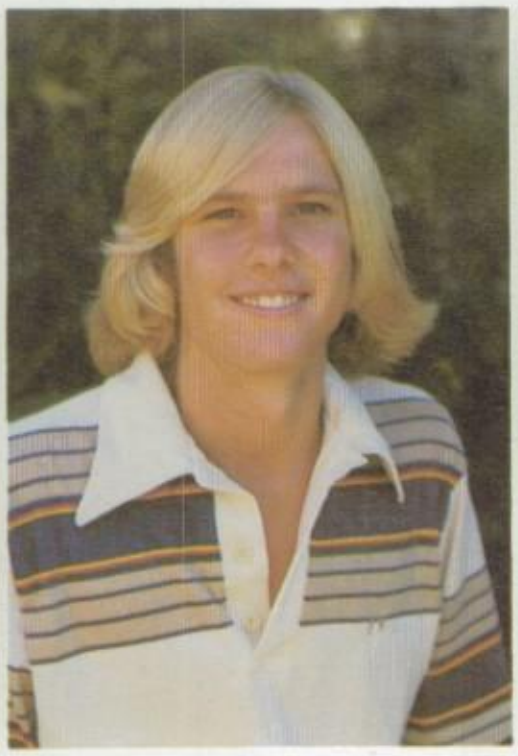
Cheryl Hartline

Sarah Hernandez

Donna Higgins

Meri Higgins

Leslie Hitzfield



Eric Hobson

Michelle Hoffart

Debbie Hoffman

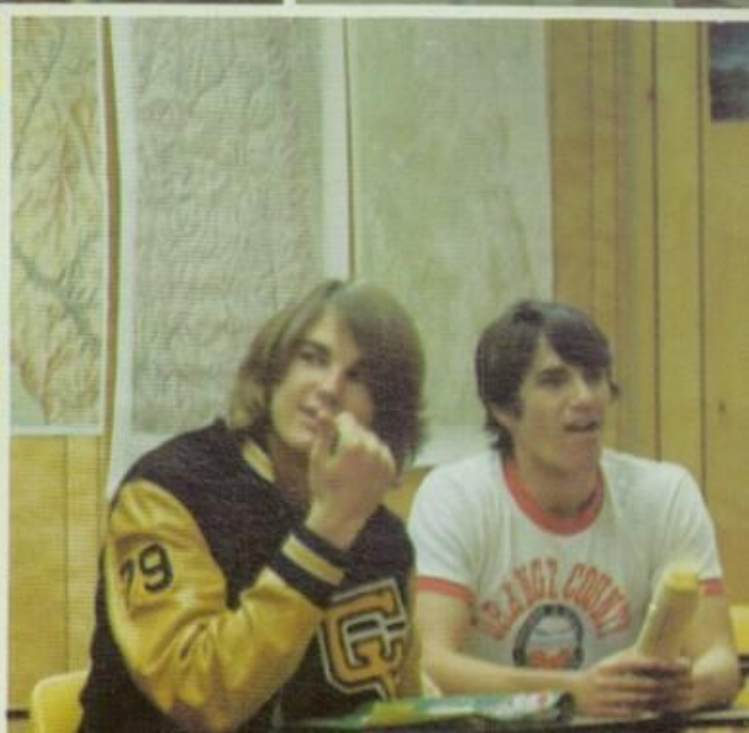
Karin Holl

Irene Howard

Colleen Hubble

Ruth Huber

OUR COUNTRY'S FUTURE LEADERS???



Paul Hughes

Gena Humphrey

Tim Inge

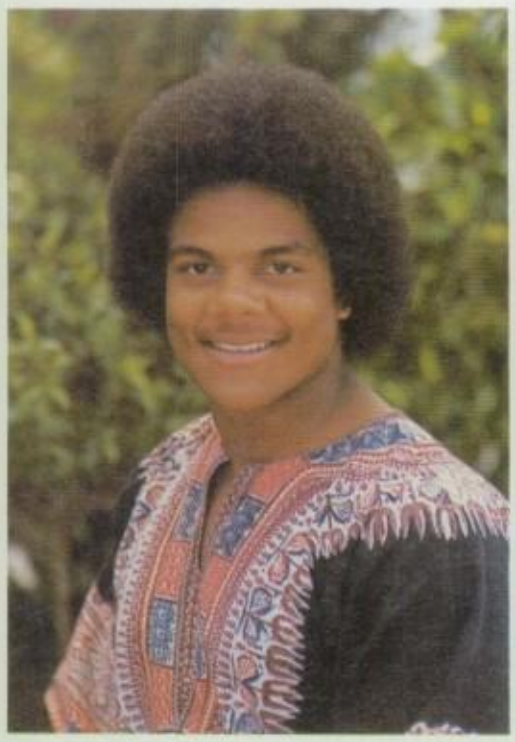
Dana Ireland

Kathleen Jackson

Araceli Jaime

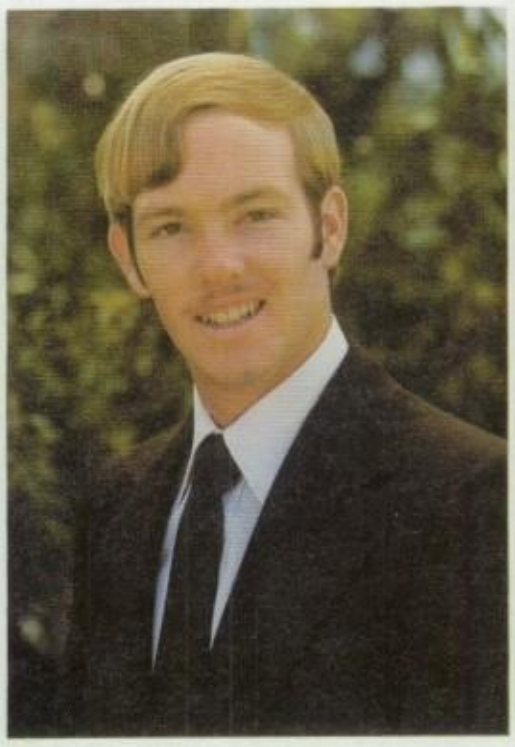
Johnna Jakubka

Jane Jamison

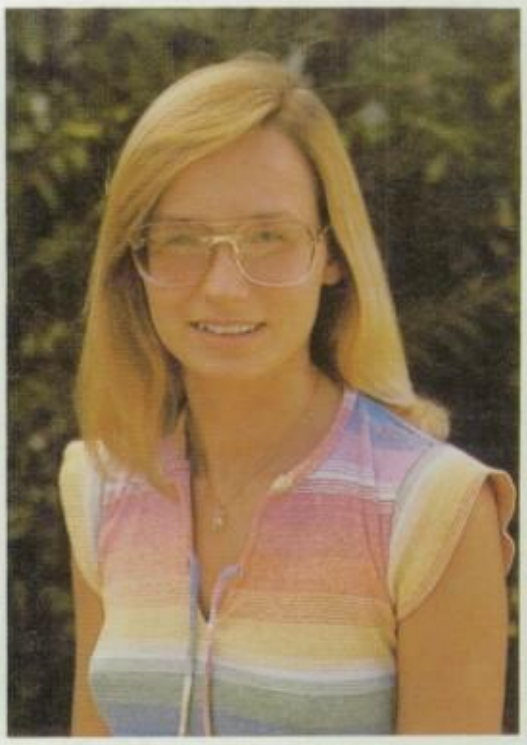


Sean Jenkins

Cheryl Johnson



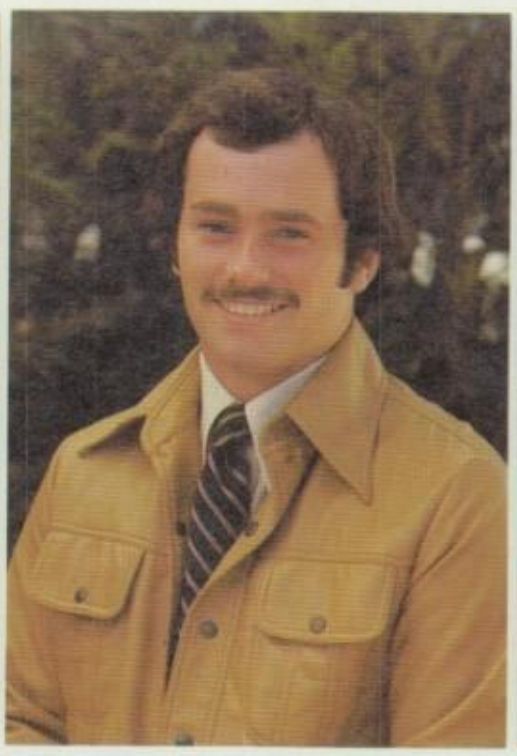
Guy Johnson



Rose Johnson

Terrie Johnson

Larry Jones



Michael Kelly

Jacquline King

Anajean Kinsey

Alice Klar

Alison Kleiver

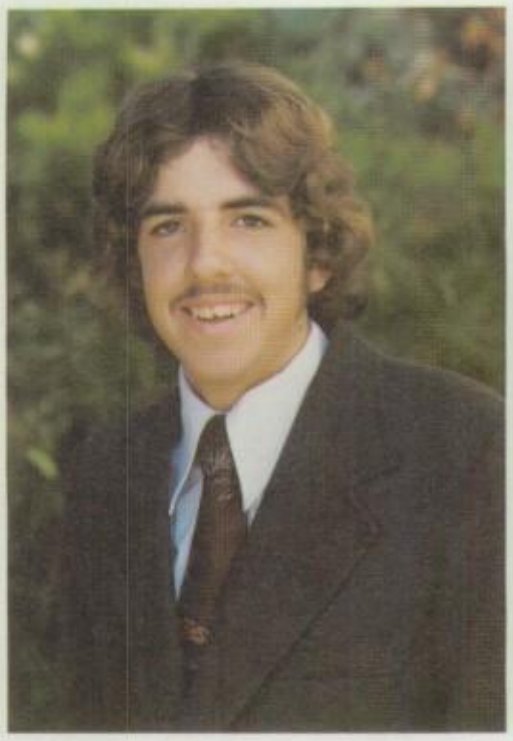
Karen Kohlmeier

Carla Kusky

Linda Lane

Luc Larochelle

Michael Lawrence

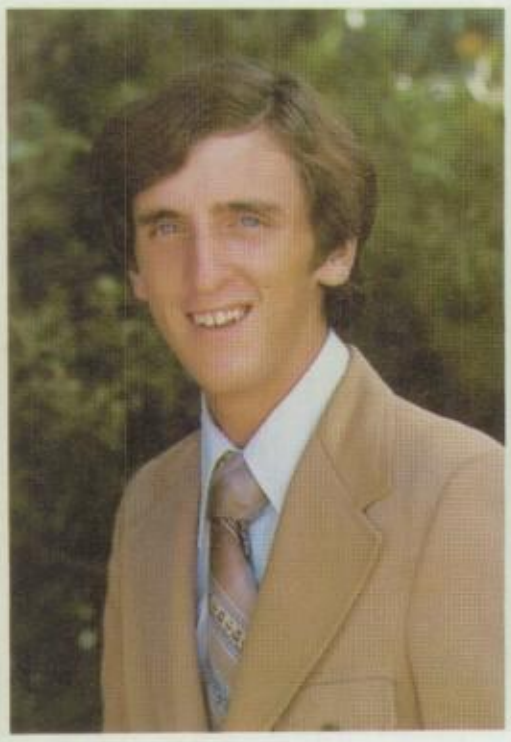


Larry Leedom

Dan Leftwich

Kenneth Lemm

Jill Lenz



Chris Leonard

Lynn Leseth

Sheryl Leverich

Mark Lockareff

Lori Lopez

Francine Loretero

Christine Lukas

Rodney Mackie

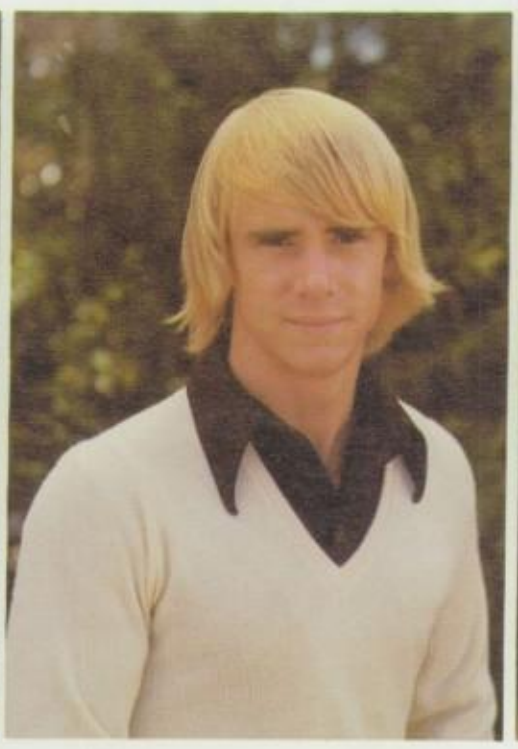
Michael Maldonado

Tammi Marchello

Bobby Martin

Risha Martinez

Lisa Marusich

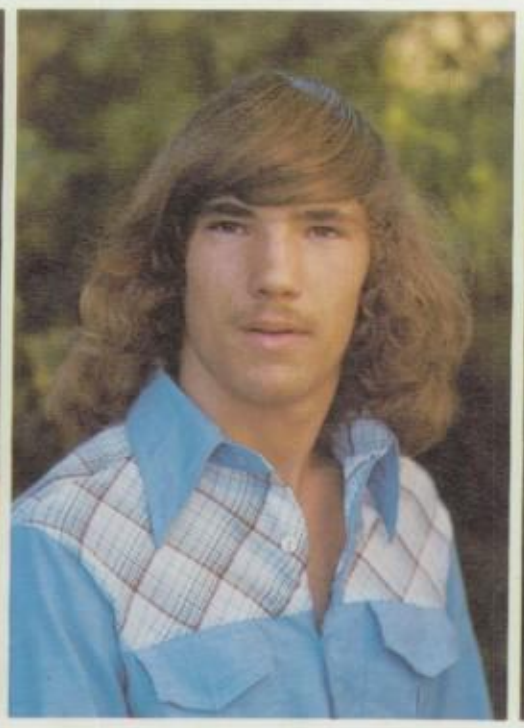


Robert Matz

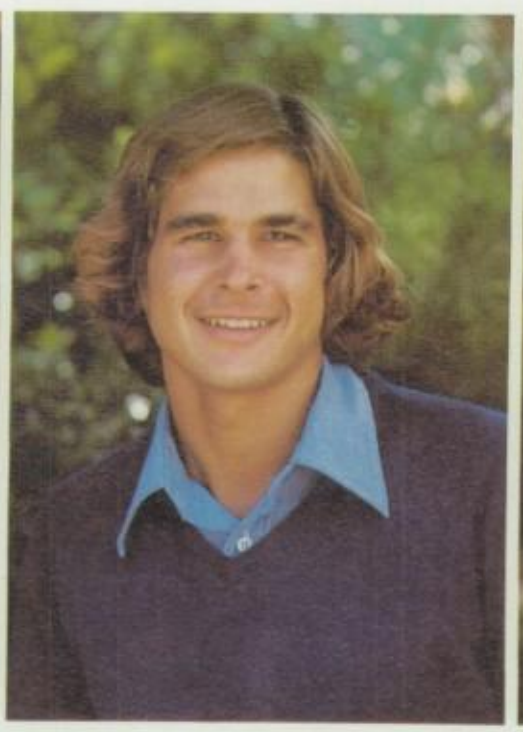
Dana McCullum

Fred McConnell

Theresa McDonald



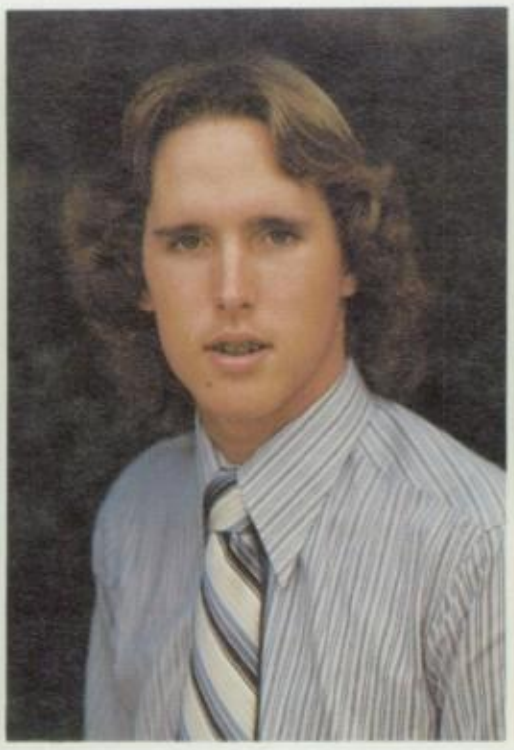
Michael McDougall



David McElroy

Kim McKecknie

Brett McKenzie



Jeff McLean

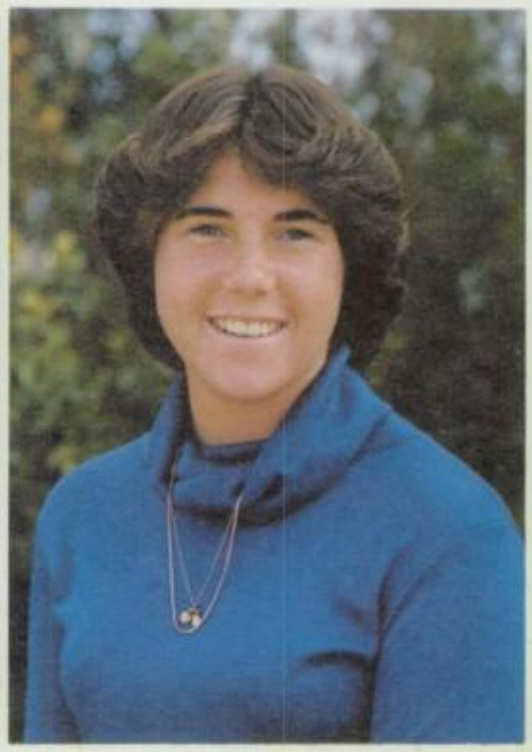
Steve McLeod

Terry Mendelson

Nancy Merola

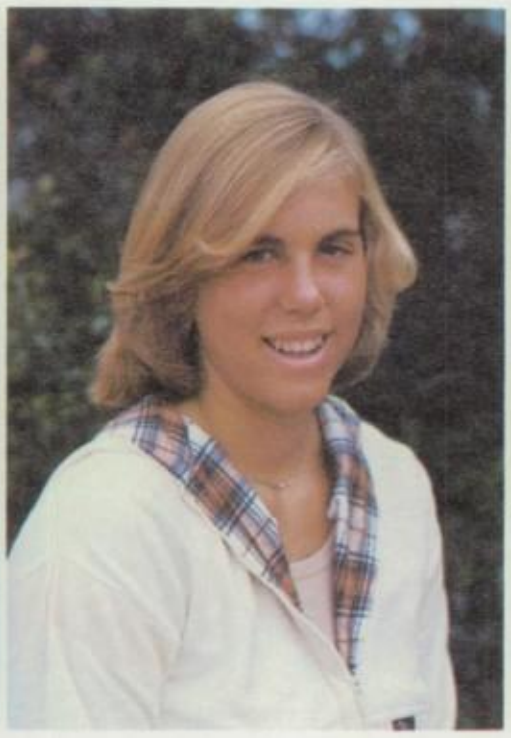
Michelle Messersmith

Lisa Miller



Karen Mitchell

Sheri Montgomery

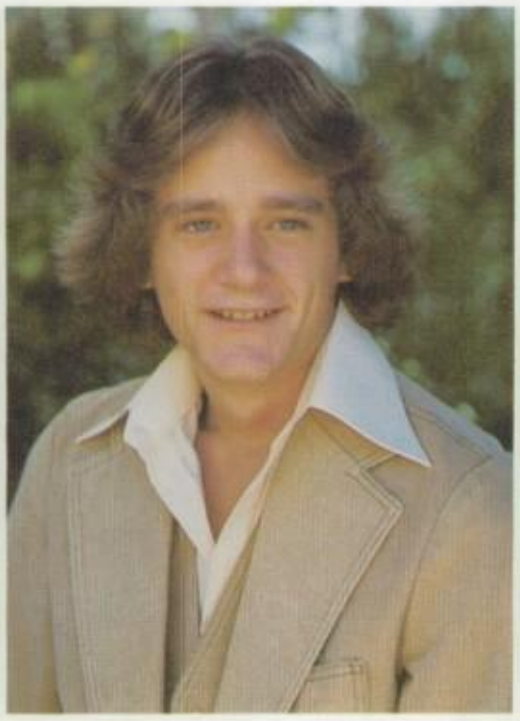


Robin Mooneyham

Marc Mora

Brian Morrison

Yosef Mouawad



Ken Nagel

Jennifer Nicholson

Shelly Nobles

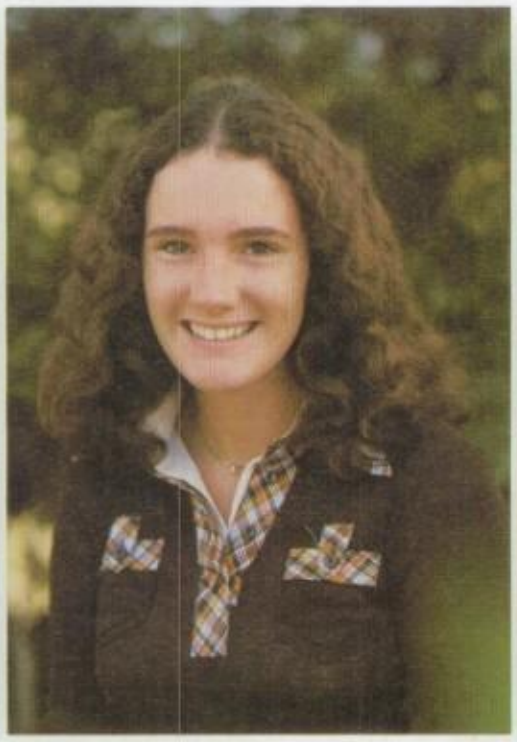
Brenda O'Brien

Craig O'Brien

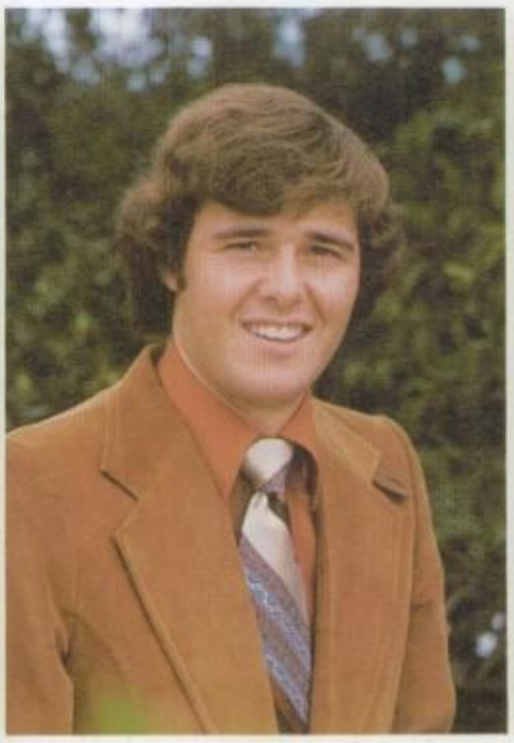
Erin Ohagan

Charles O'halloran

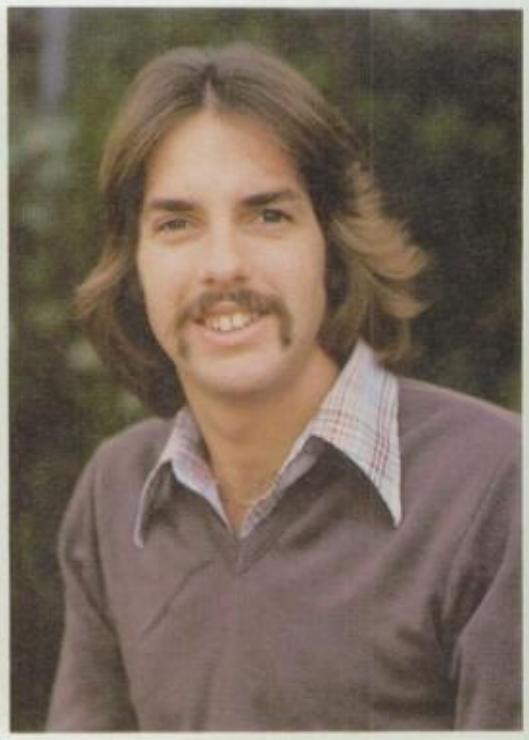
Bill Ontiveros



Susan Owens



Brad Parker



Scott Parker

Penny Parmeter

Barbara Perez

Jeffrey Phelps

Debra Phillips

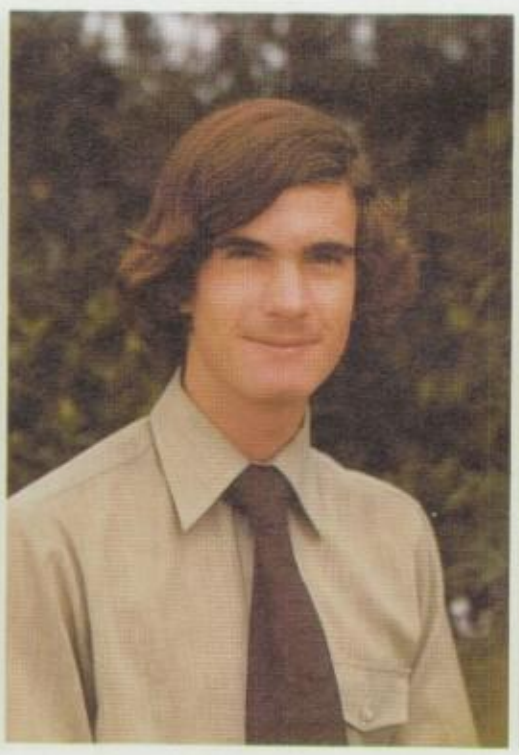
Amy Pitsker

Michael Ramirez

Beckie Ray

Denise Reagon

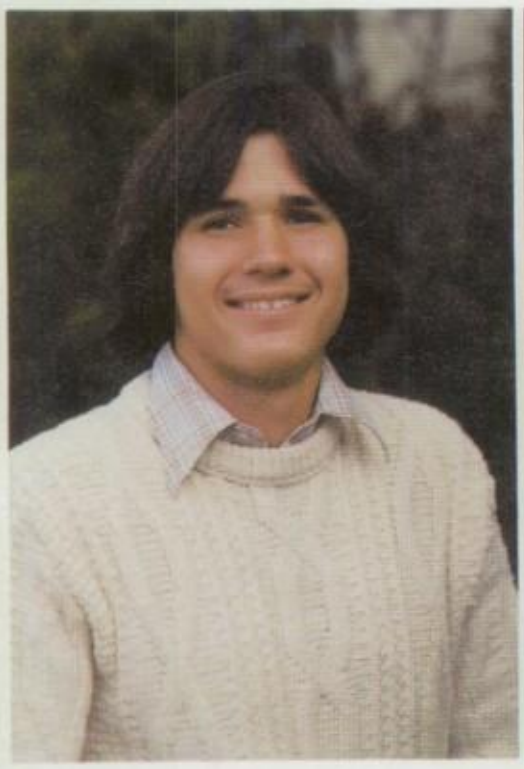
Katana Redbird



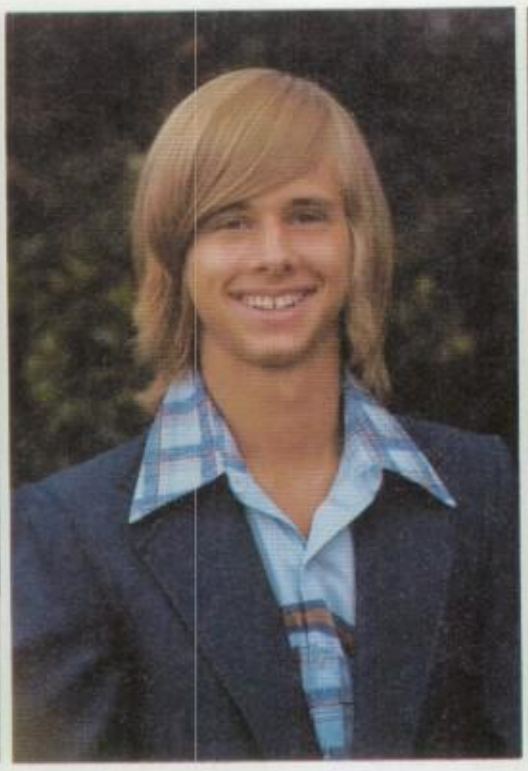
Sean Reddington

Chris Reissmuller

Becky Rhoads



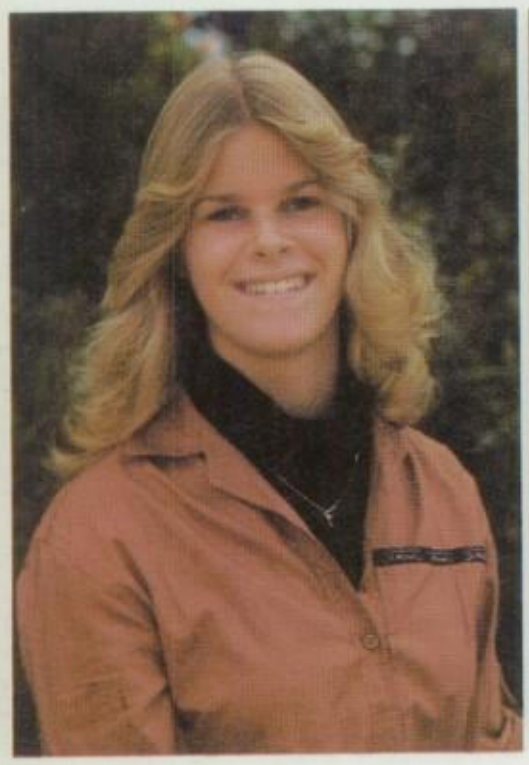
Jim Reidl



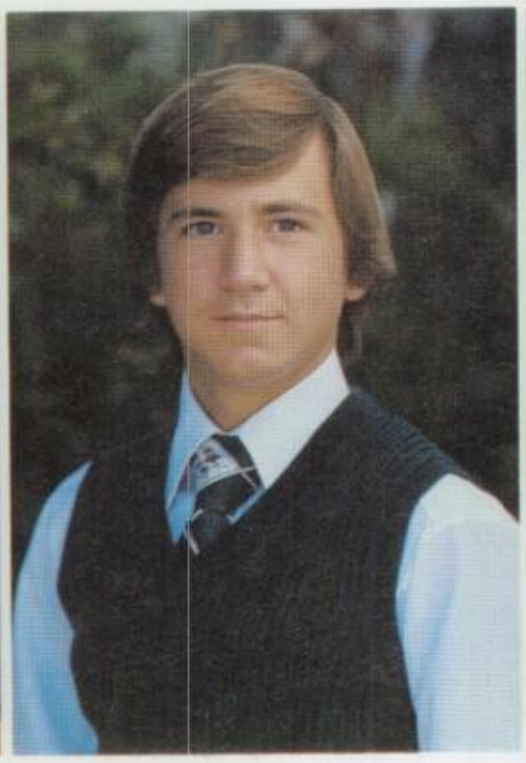
Steven Riis

Julie Ris

Michael Rizzo



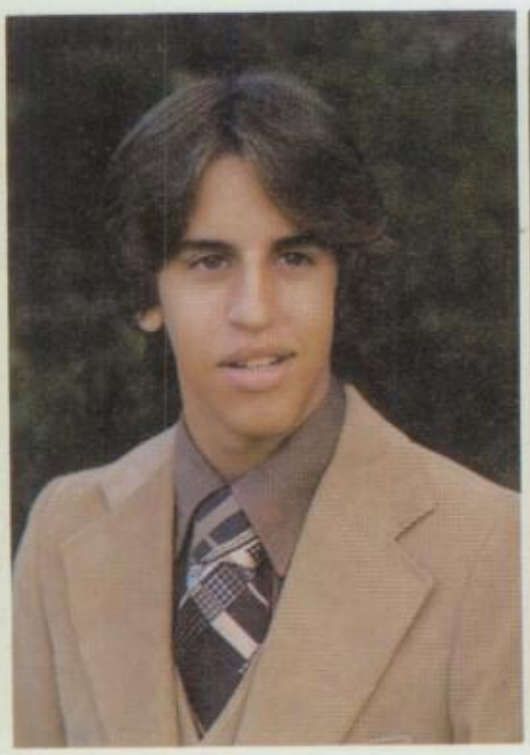
Theresa Robertson



Edward Robinson

Rochelle Robinson

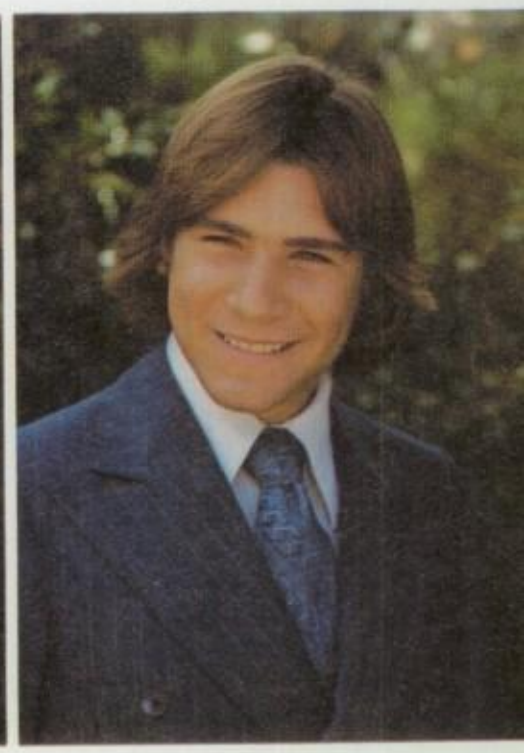
Libby Rockwook



Dave Richards

Helen Rogers

Lisa Rogers



Devin Romero

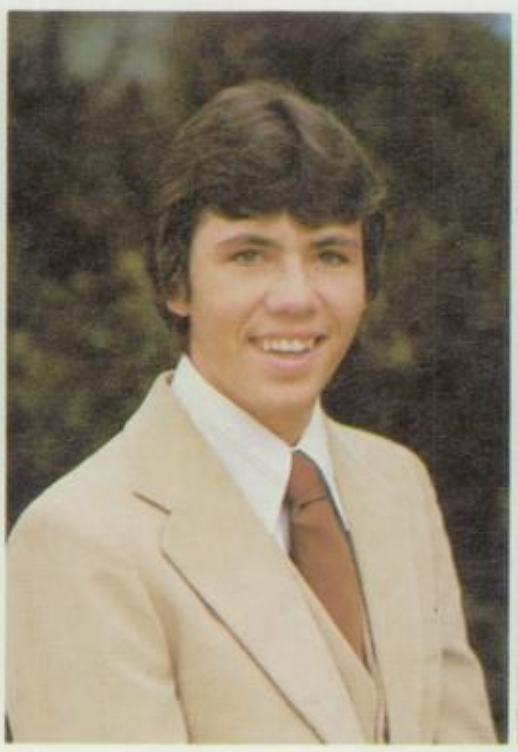
Teddy Romero

Stephanie Romo

Peter Ronca

Stephanie Rondeau

Steve Runels



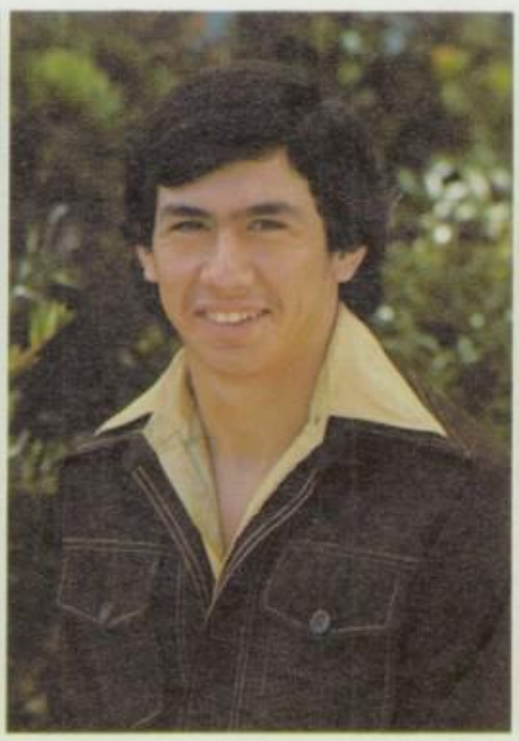
Randy Ruple

Maria Ryan

Marie Rymer

Lisa Sacco

Bonnie Sala



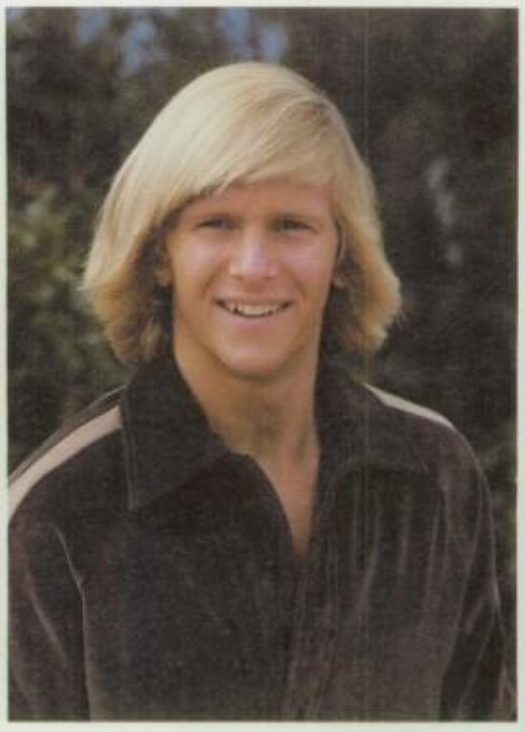
Fernando Salas

Pat Santisteven

Kathleen Schaller

Cheryl Schneider

Judy Schnell



Greg Schramer

Sandi Schrock

Lisa Schroeder

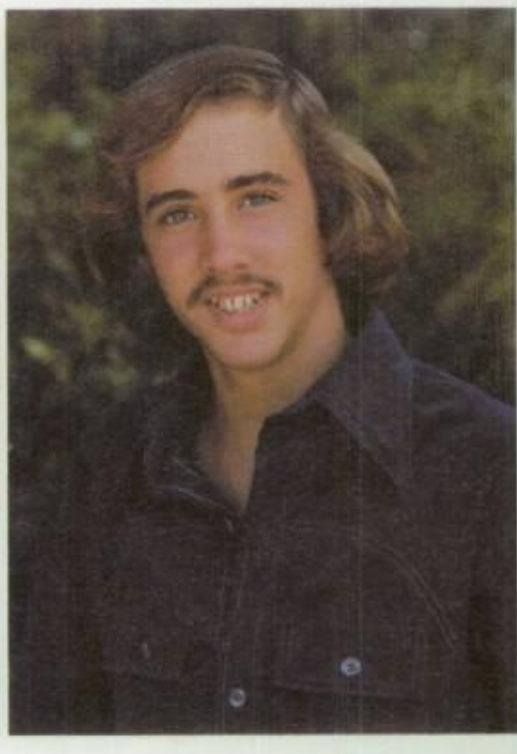
Patrice Schroeder

Howard Sewell

Michael Shannon

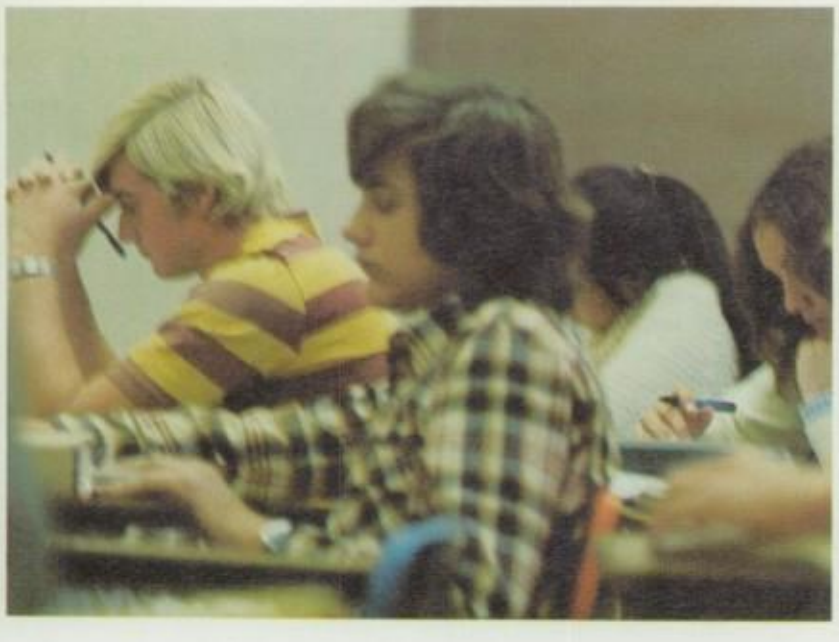
Kenneth Sharrar

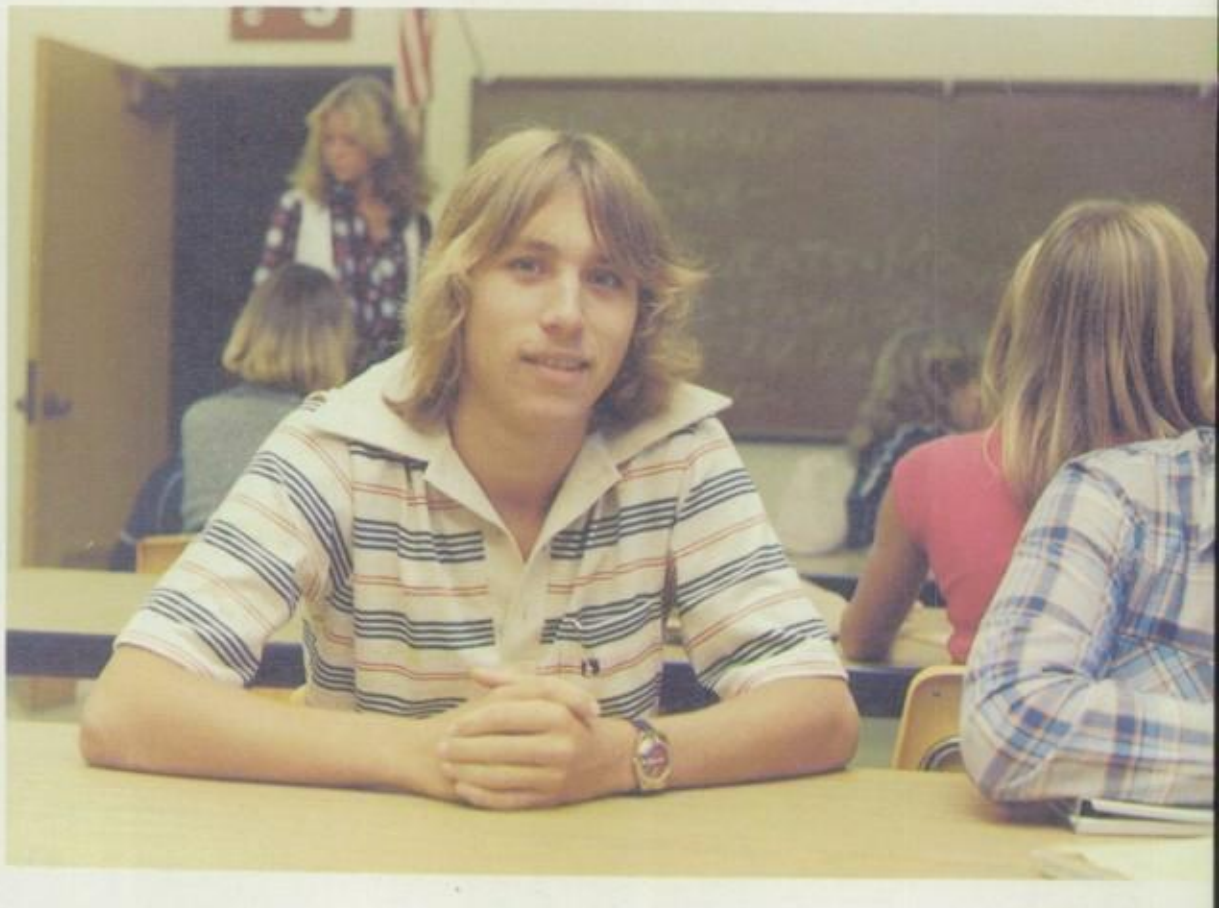
Heidi Shaver

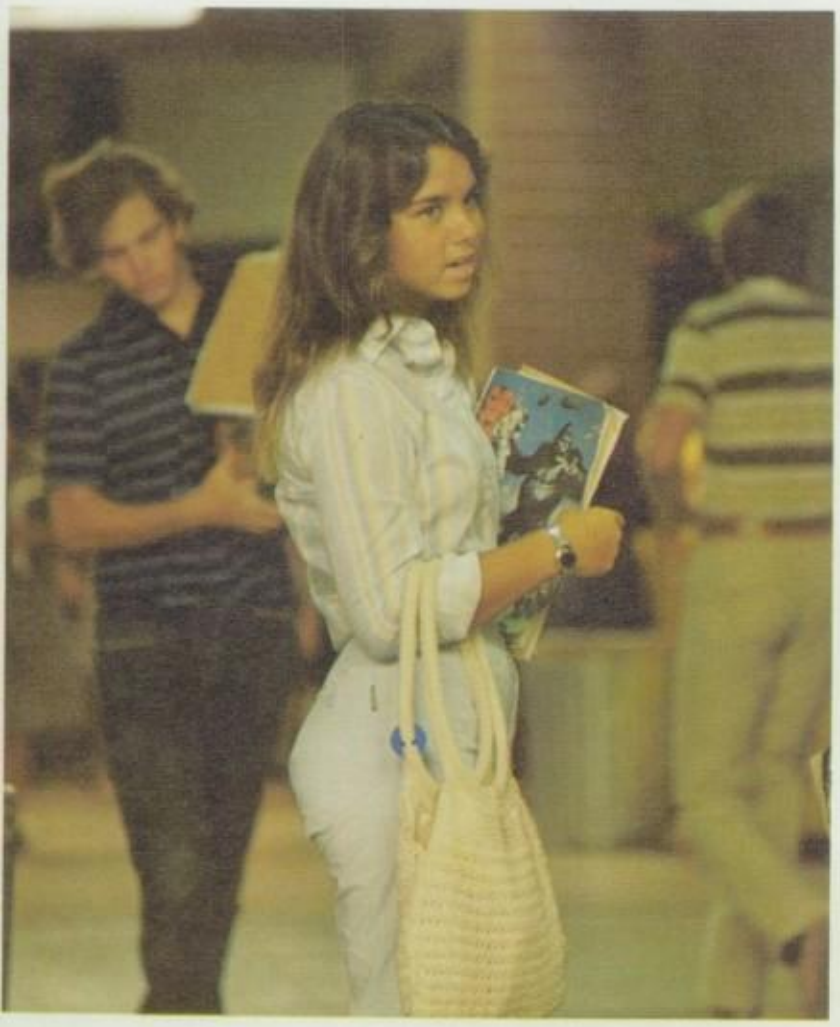


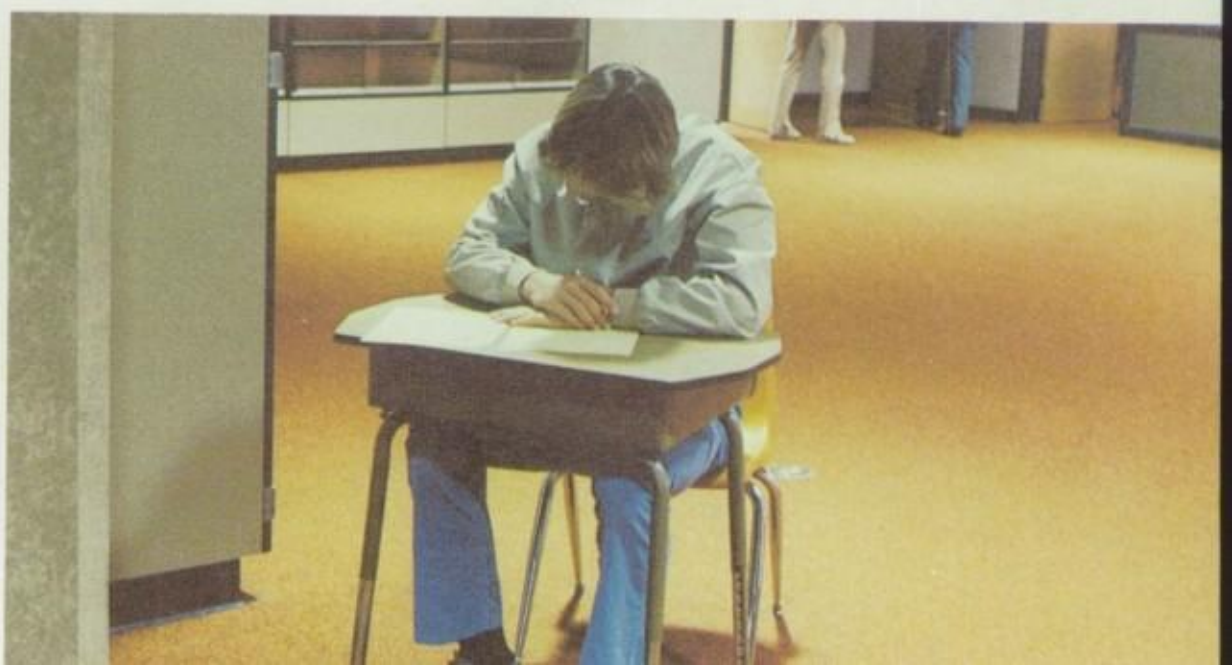
Chris Sherman

STUDY SENIORS! WE MUST GRADUATE









Sue Sherry

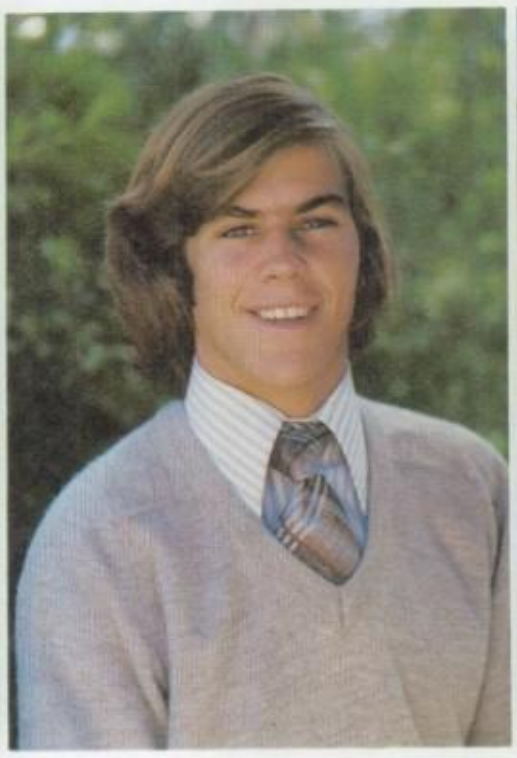
Jane Slaughter

Raymond Sliepka

Doug Smith

Elaine Smith

Kerri Smith



Robert Smith

Roger Smith

Carol Soria

Lisa Sorrentino

Reana Starnes

Susan Starr

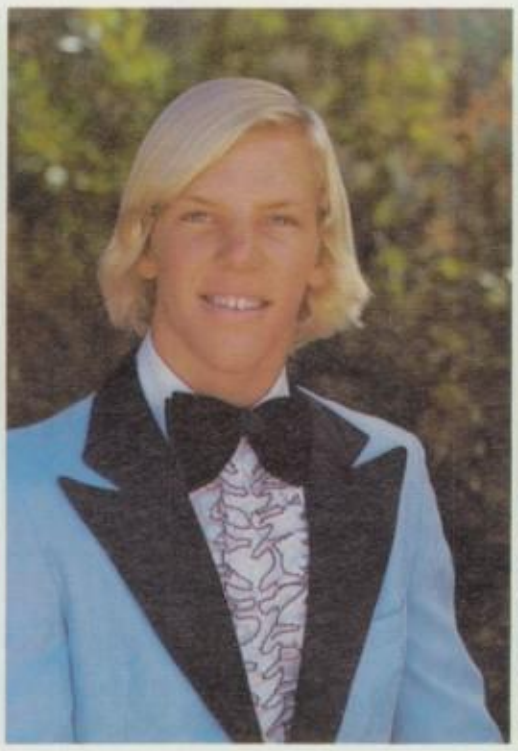
Tonia Steinke

David Stubbs

Shelby Swank

Kelley Thompson

Darleen Tumminieri



David Tunnicliff

Tammy Vaccarella

Kim Vannordstrand

Laura VanPuerson

Randy Wall

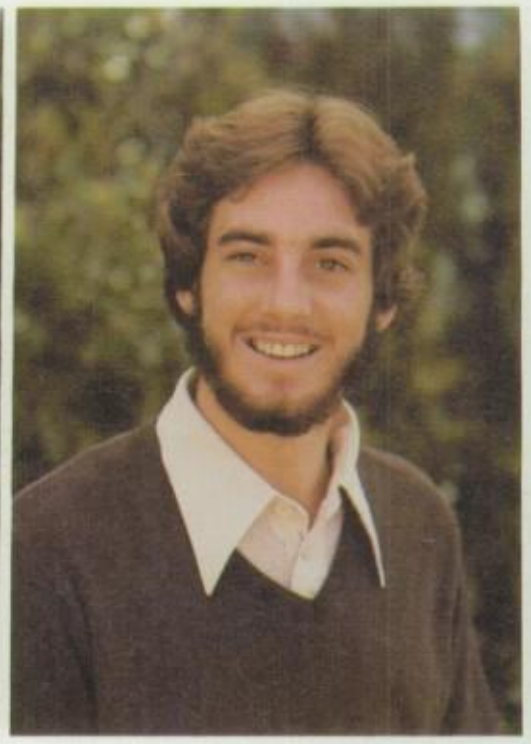
Edward Wallace

Joe Waller

Lisa Waller

Dana Walti

Debbie Wareh



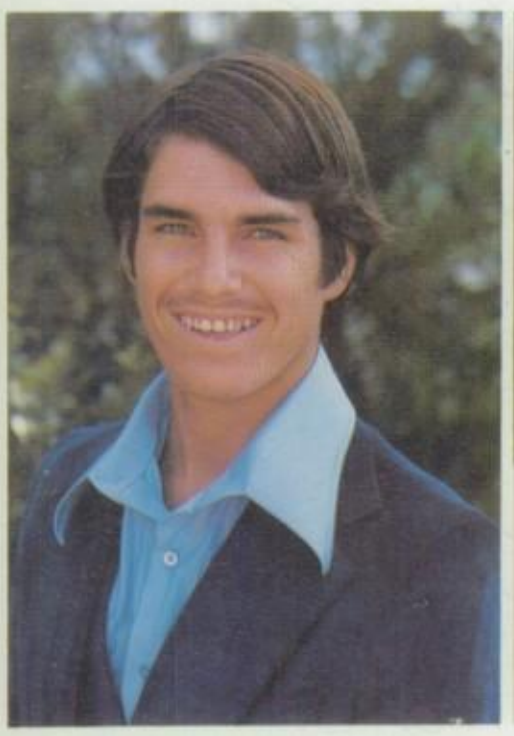
Richard Weaver

Joseph Weber

Terry Wen

Alisa Welchel

Carol Whitney



Steve Weidmeir

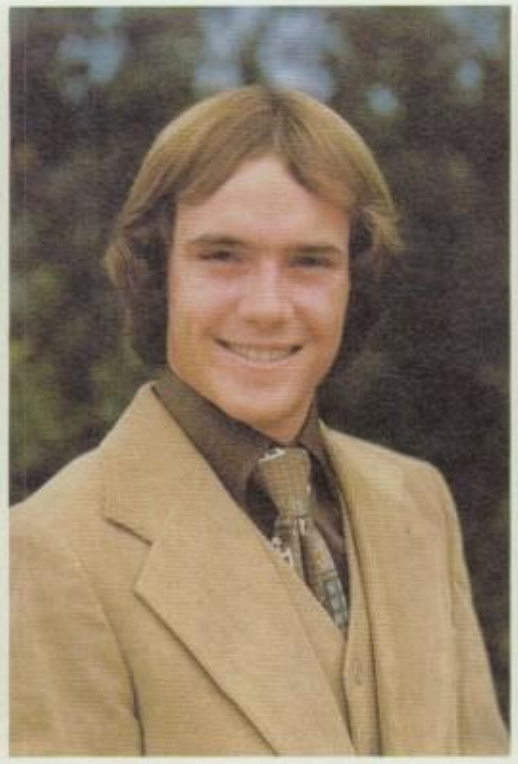
Terry Willamson

Julie Wilson

Alexia Wisneski

Catherine Wolf

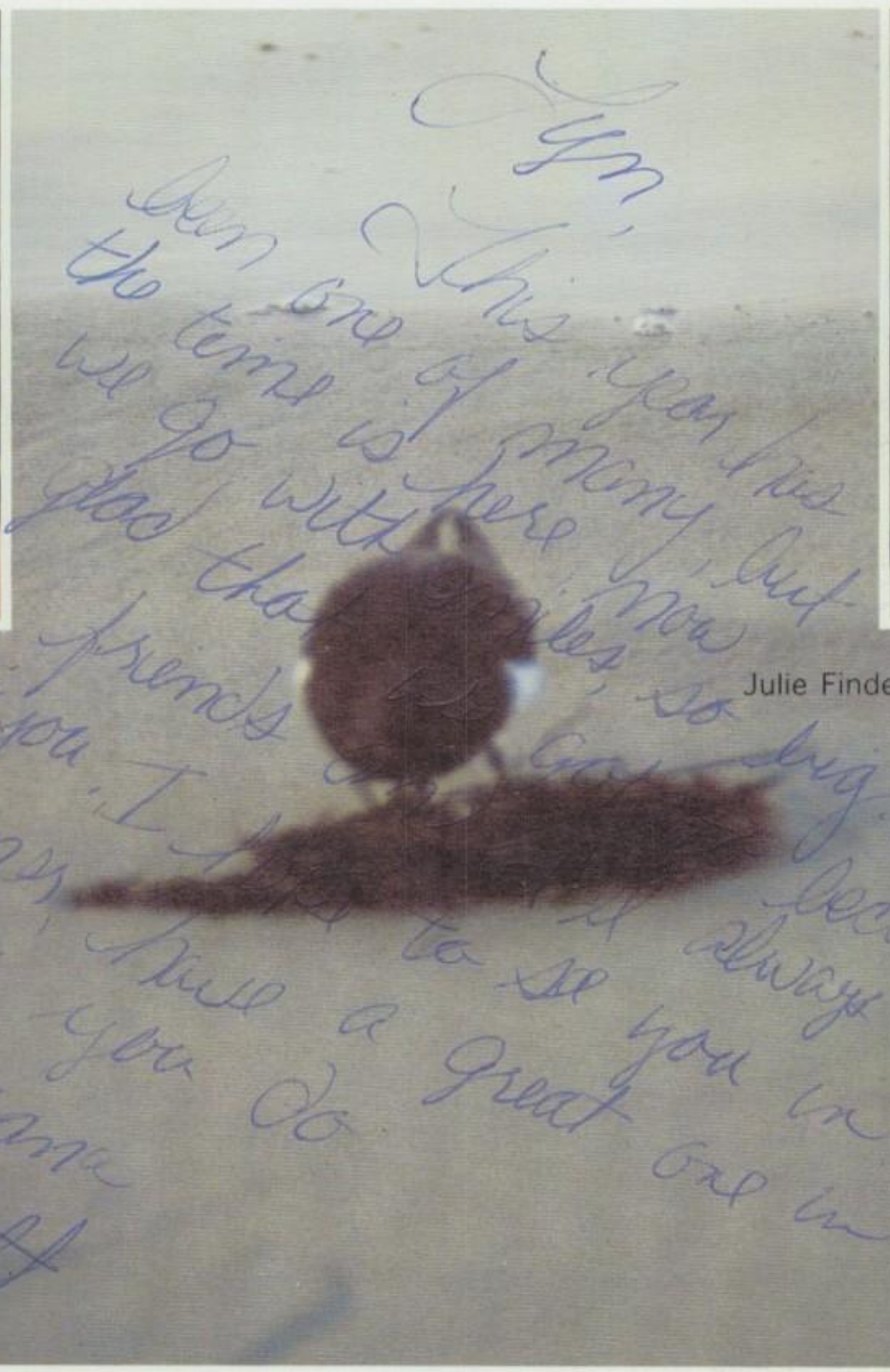
Tom Wolosz



Mark Woodall

Catherine Wooldridge

Ron Luebke



Lyn (Gaspeth)

Glad [illegible]
pretty [illegible]
ya this [illegible]

later
Ed
Conley
79

Summer we made it to Hull's but it was too crowded to get out so we stayed on the beach and had a picnic instead. Then we went to Cape Ann Drive-In to see "Grease" but it was sold out so we went to Gloucester and saw "Alien" instead. Then we went to Bill's house and had a party. Then we went to Bill's house and had a party. Then we went to Bill's house and had a party

Lynn,

To a really sweet girl that everybody likes: It's been really nice knowing you and I hope we can become friends. Have a great summer and keep in touch. 830-1877

Your Friend Always,
Rita

Lynn, it was fun in spite of the fact that I think we're in need of a break. I'm glad it's finally here. You're a sweet girl and I hope you have a really great summer. I'll see you around.

Love Always,
Julie Fowler

I'm so glad I got to know you last year & I wish we could have been together this year, but it just seemed like something would come up for one or both of us. This summer, (you & me & Beth are going to be different parents for sure, I remember the 3 musketeers doesn't mean from last year) Hope Jeff & I hope you have lots of good times for the rest of your life.

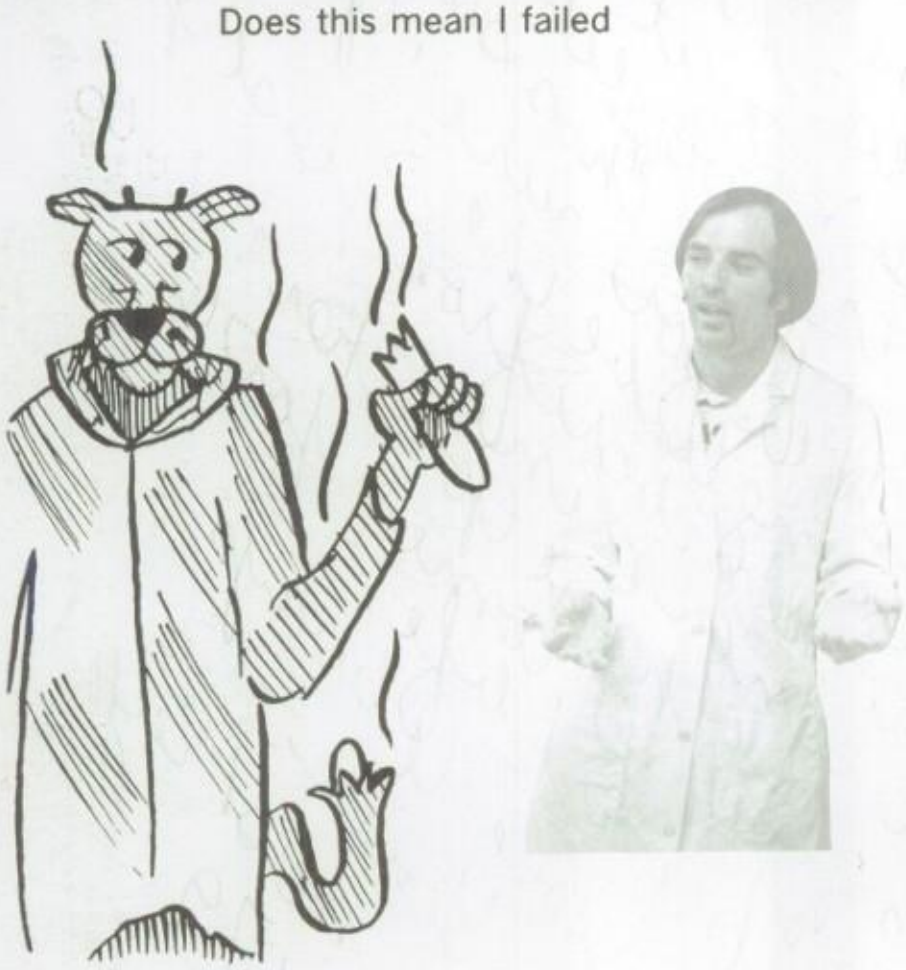
Love Always,
Gene Humphrey
'79

Academics

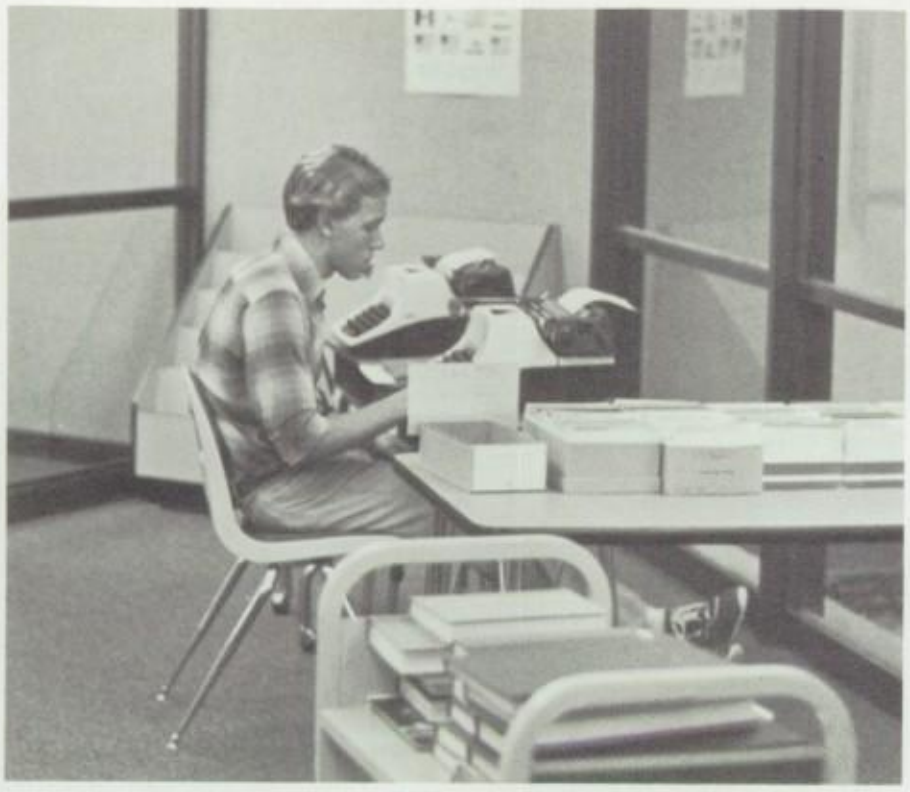
Valedictorian improvises Again!

Which lever again!

Does this mean I failed



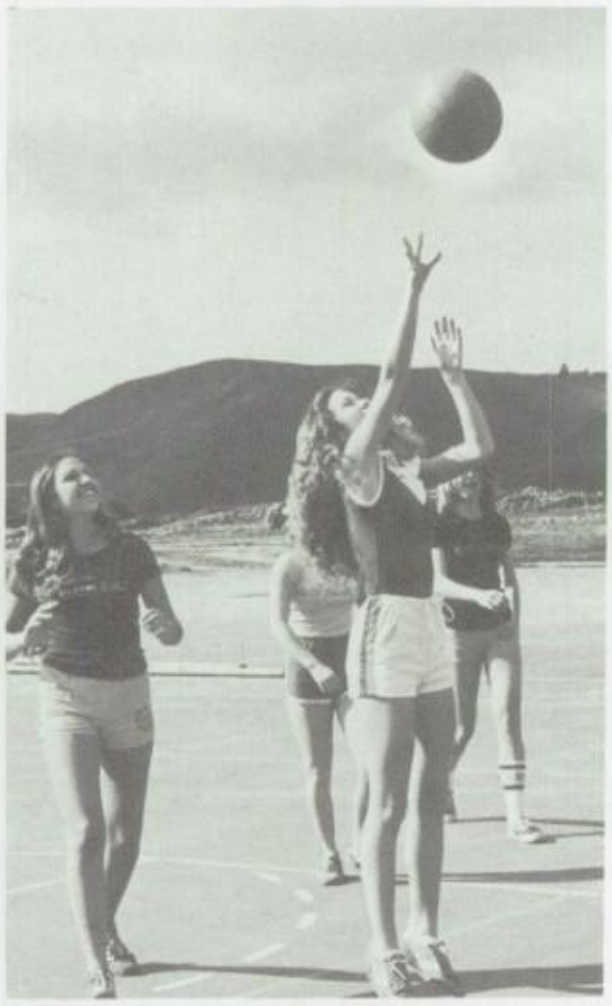
Are you sure this is an azalea bush!

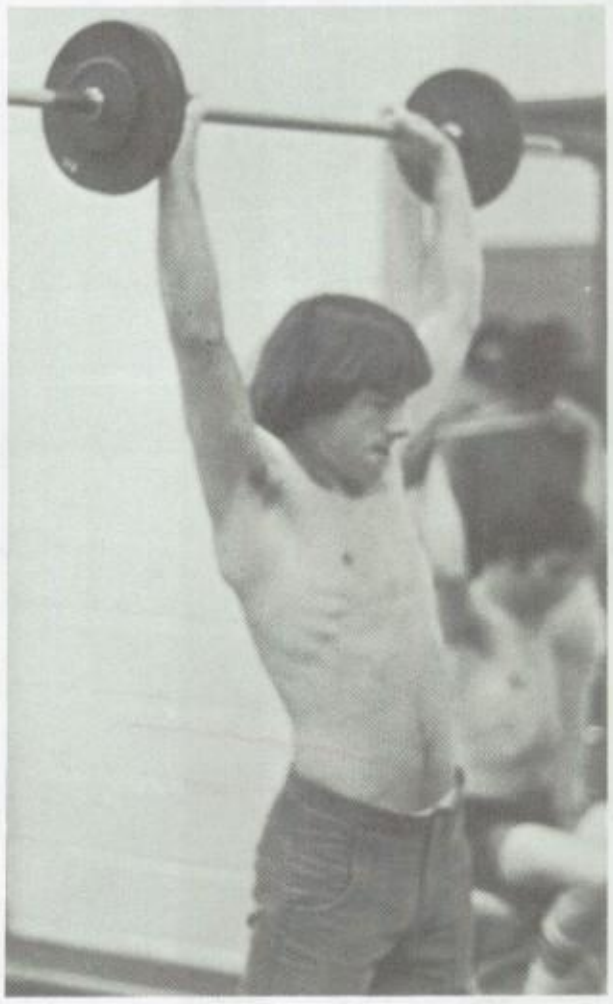


STUDENT SERVICE

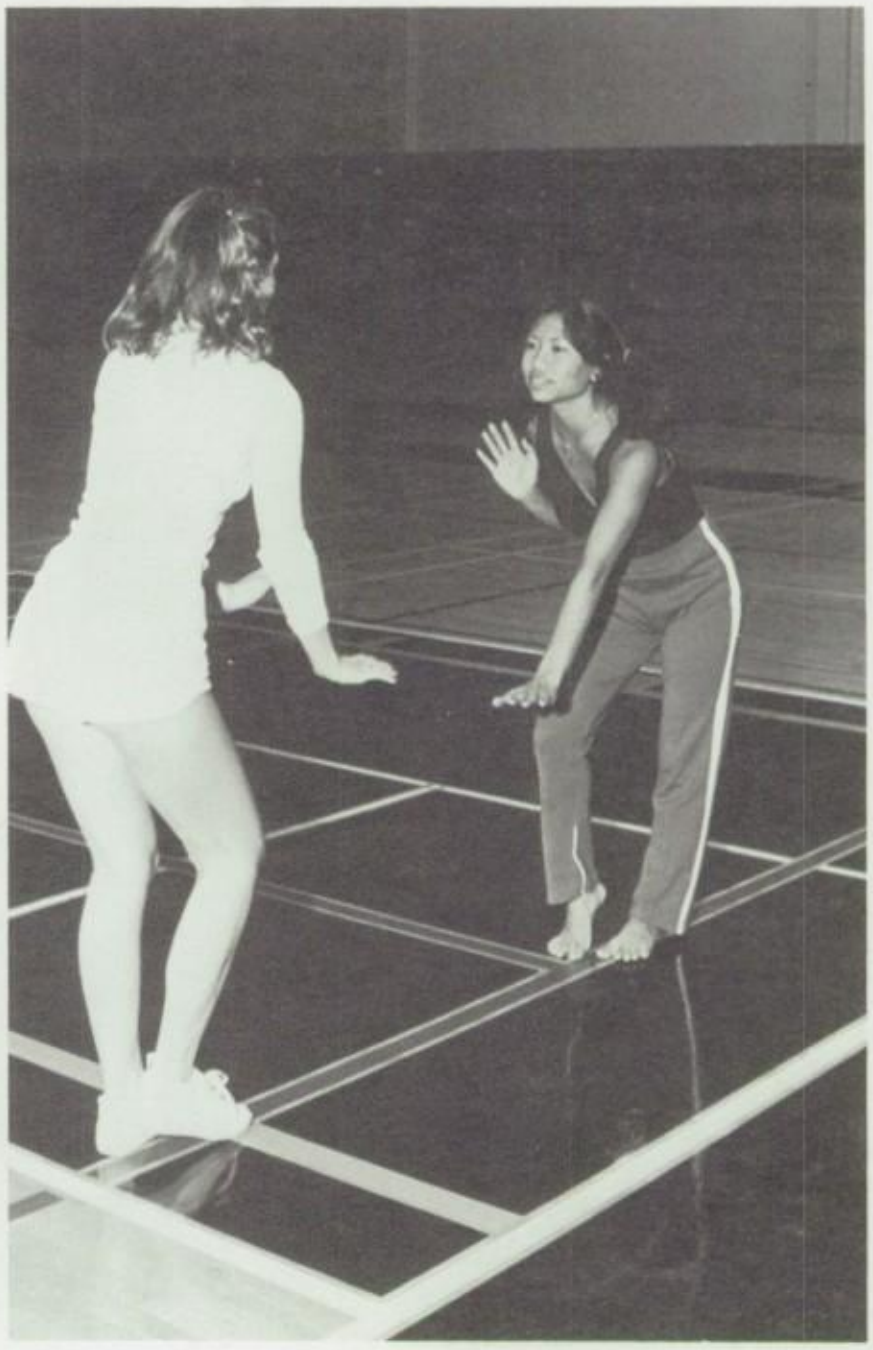
Participants in Student Service this year gained valuable experience in clerical duties. Many students helped out the librarians with their bookkeeping while others helped attend to guidance matters with our counselors. Working on attendance and switchboard were also duties performed by our students. Our school offices of various kinds provided an important basis for our students when servicing others in the future.

PHYSICAL EDUCATION??





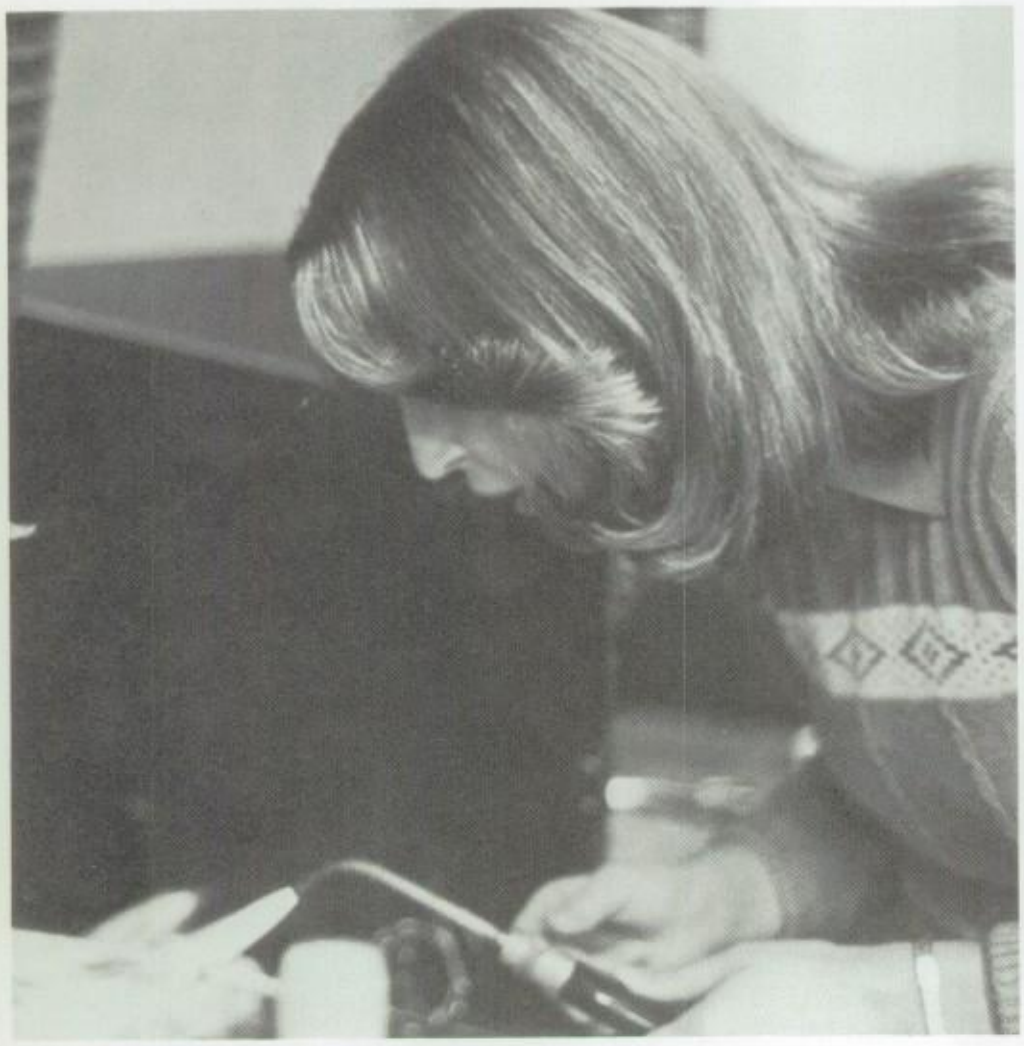
"YOU MAKE ME FEEL LIKE DANCING"

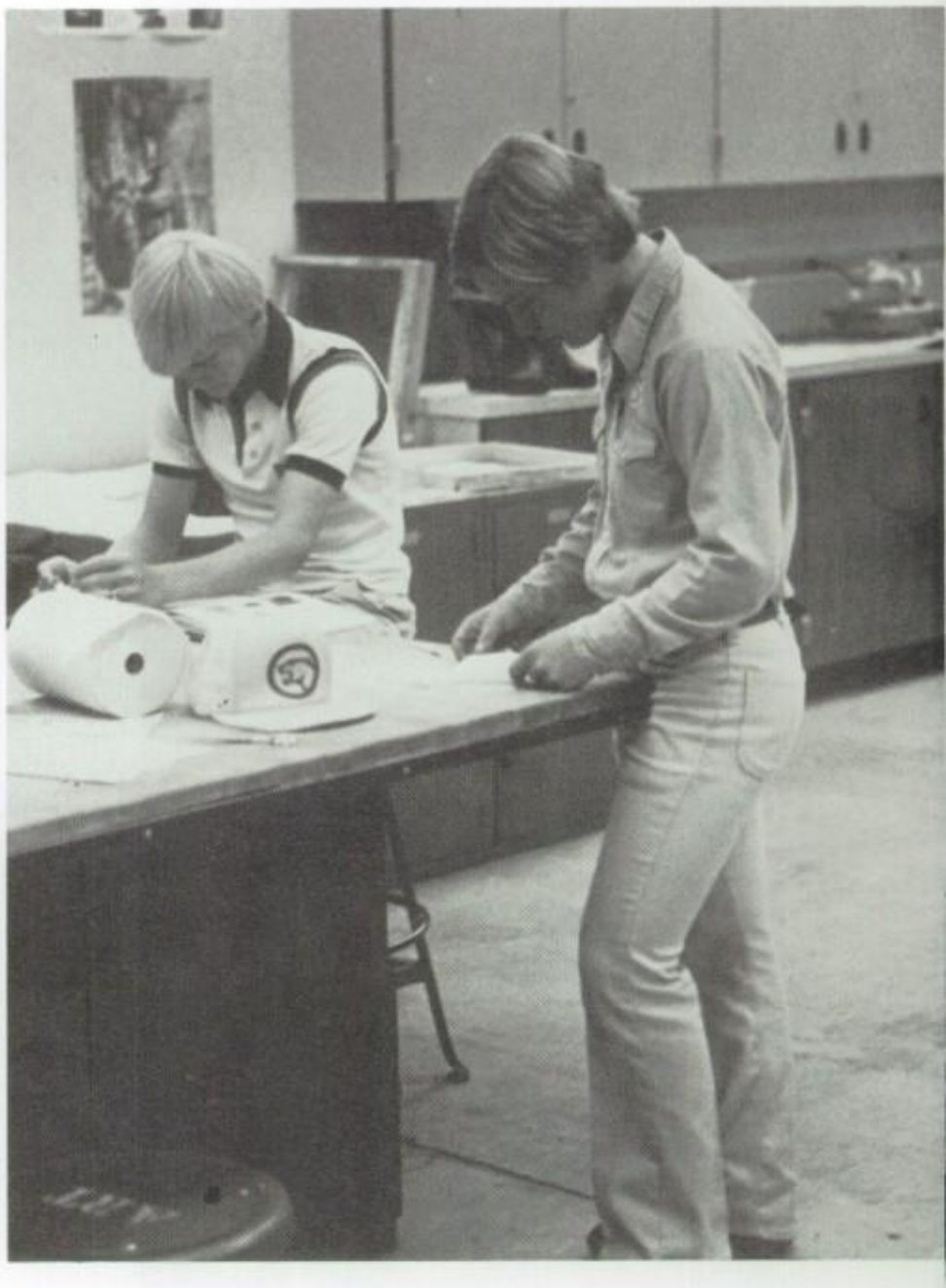


Through beginning and advanced dance classes our dancers were able to explore the fundamentals of ballet, jazz, and modern dance. In dance production classes, Mrs. Kelly, (head of the dance department at CVHS), gave the students the opportunity to display their talents and further their ability.

CREATIVE CRAFTY COUGARS

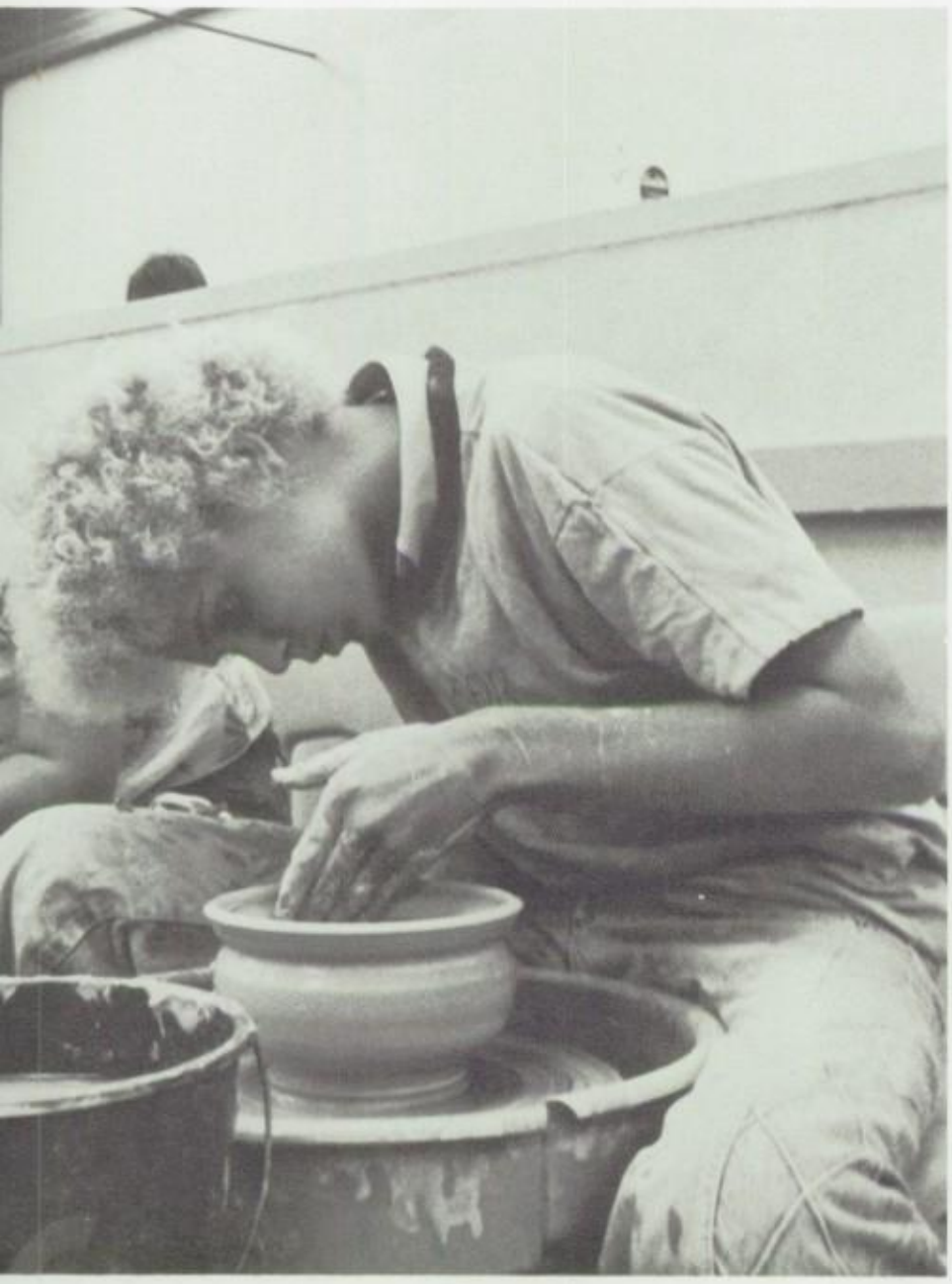
Becoming adept with their hands seems to be the challenge of the Arts and Crafts students. Manual dexterity is the key to progress in creative works. These classes enable students to become better equipped basic knowledge of art while enjoying an exciting class.



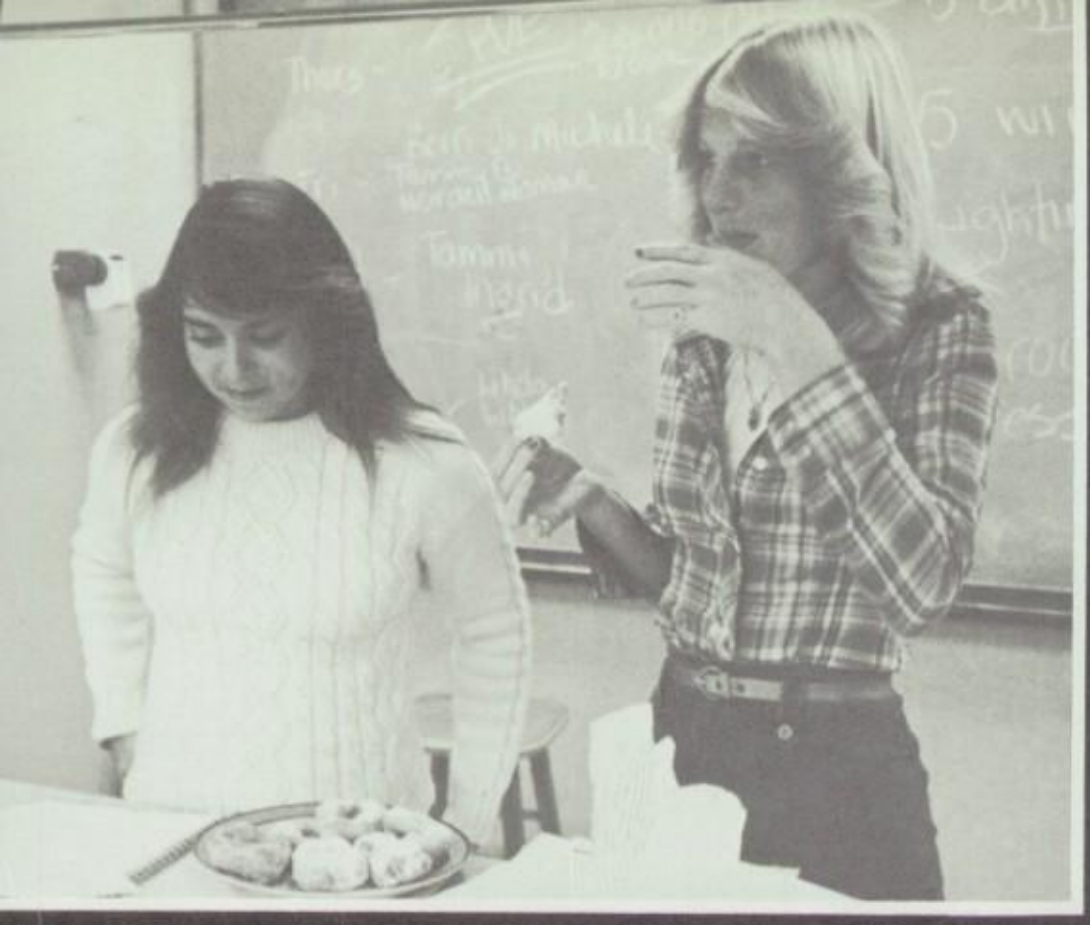


"SHAPELY THINGS IN CERAMICS"

In the Cerramics classes at Capistrano, students are taught the fine art of pottery. Over the year students make practical items that can be used as home or given as gifts. The goal of the ceramics classes is to educate students in the field of fine arts.



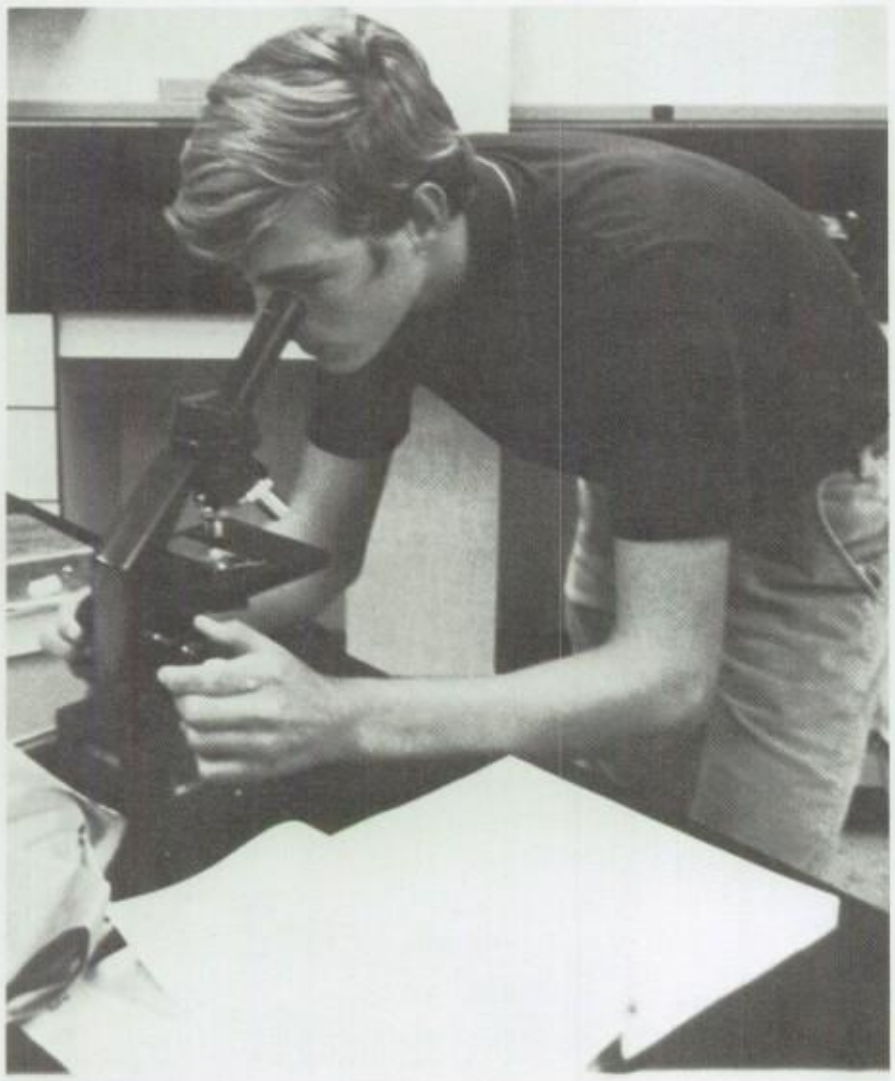
HERE'S WHAT'S COOKIN'

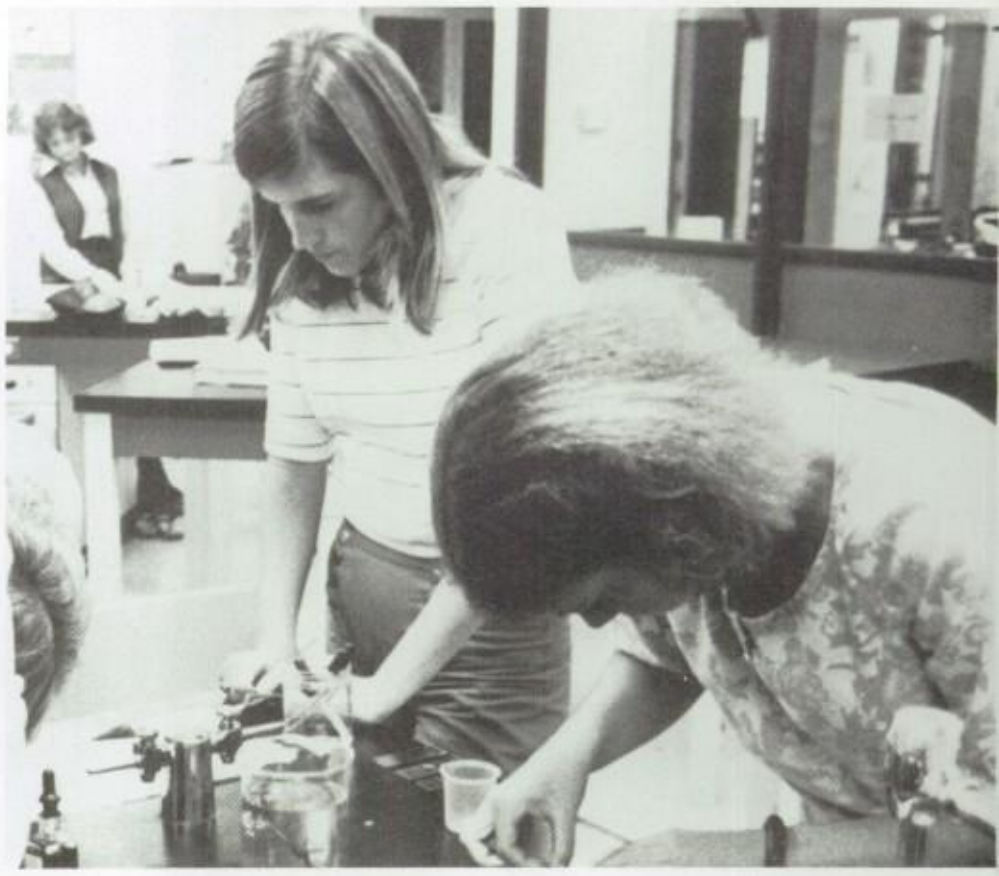


Seamstresses, cooks and homemakers all are in the world of Home Economics. Working with children is also a part of this section. The instructors strive to give their students a feeling of self-reliance when working with their talents.

BEWARE! "MAD SCIENTISTS" AT WORK

The "mad scientist" of Capo Valley are at it again! In chemistry they're mixing up new potions and in biology they're disecting creatures from alien planets. The other classes aren't quite as fearsome, but our novice physicists may be plotting the destruction of our world. So beware! Your seemingly innocent friends may be plotting some "scientific destruction" of YOU at any moment!





Horticulture had a blossoming year

The Horticulture program at Capo Valley took shape this year under the guidance of Cathy Rehn. The Horticulture garden area was established for fall gardening. After the winter frosts subsided the spring gardeners had a bountiful harvest of vegetables.

Other Ornamental Horticulture activities included making terrariums, hanging baskets living Christmas wreaths, cactus gardens, a homecoming flower sale, field trip to San Diego Zoo, and excursion to Cal-Poly Pomona.

Ms. Rehns hopes for even more Participation in Horticulture next year.

REGIONAL OCCUPATIONAL

Laurie Goshe, Senior, Capistrano Valley High School. ROP Medical Occupations Student. Physical Therapy Dept., Mission Community Hospital

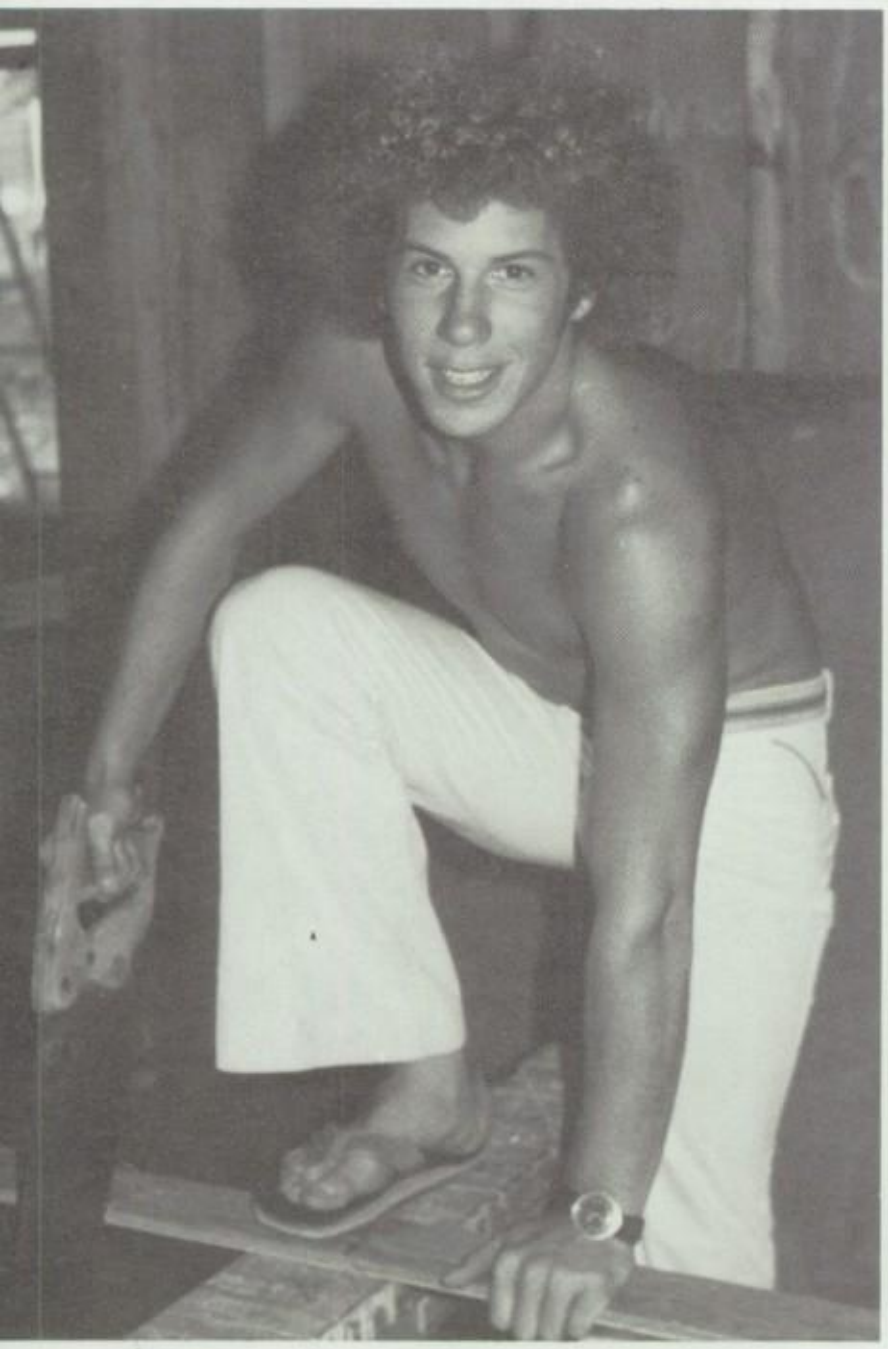
Terry Mendelson, Senior, Capistrano Valley High School. ROP Dental Assistant student. Practices at office of Dr. Robert Jensen. San Juan Capistrano

Left: Stan De Maggio CVHS Coop Work Experience Voc. Ed Counselor, and Barbara Rath (right) ROP Career Counselor help students look over the fields of gainful employment.

Capistrano Valley High School Senior, Steve McLeod, ROP Veterinary Aide student with his horse "Rise'n Shine" at Oak Tree Saddle Club in San Juan Capistrano

PROGRAM

Capistrano Valley High School Senior Brenda Banks. ROP Coop Work student interning at Sunday's Restaurant at Crown Valley Parkway



Larry Jones, Senior, Capistrano Valley High School. ROP Construction student working on ROP modules under construction in San Juan Capistrano.

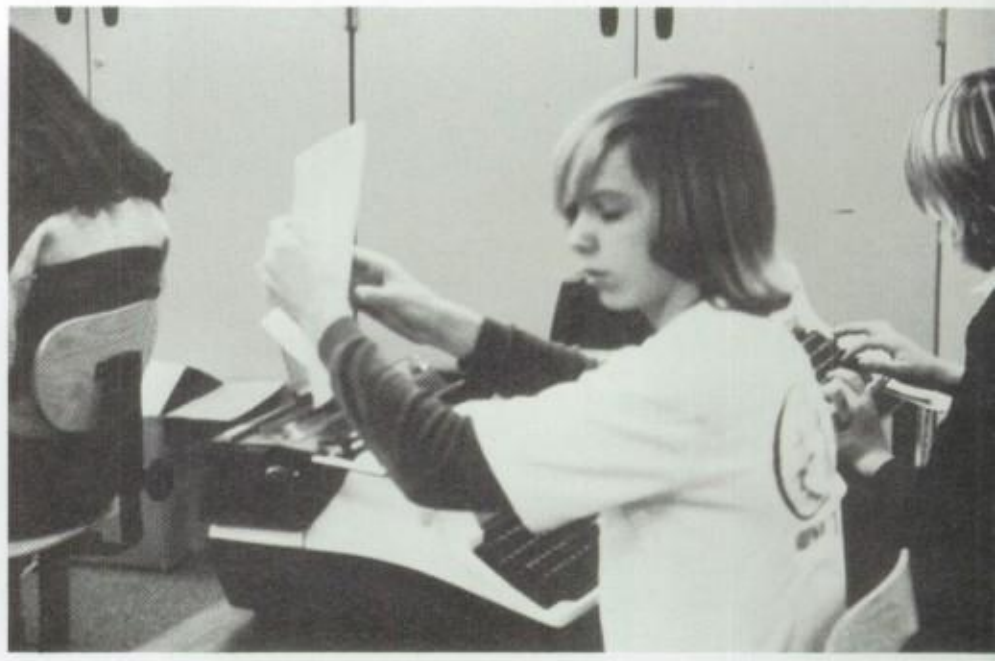
Audrey Hildebrand (to graduate this coming June) of Capistrano Valley High School, interning in Yardage Dept. of Penney's, Laguna Mall.

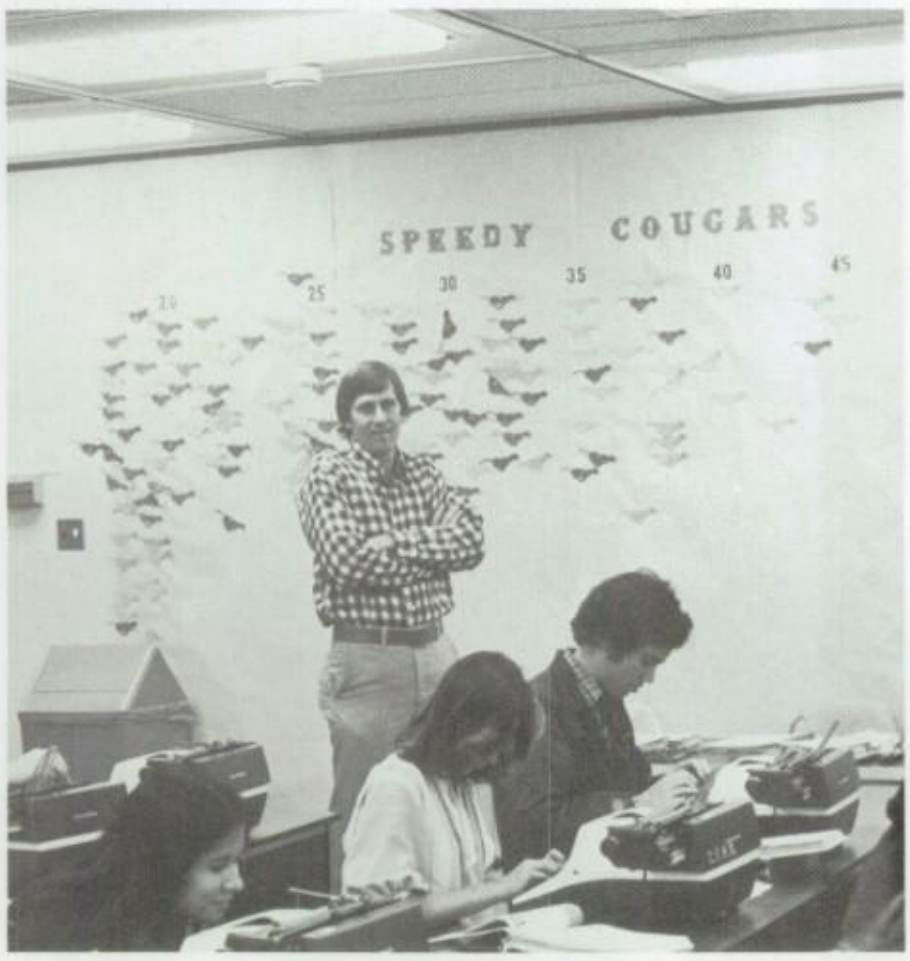
Andrea Froemke & Ives Halliburton Seniors, Capistrano Valley High School. ROP Coop Work students, At Carl's Jr. Restaurant, San Juan Capistrano

"JUST TAKING CARE OF BUSINESS"

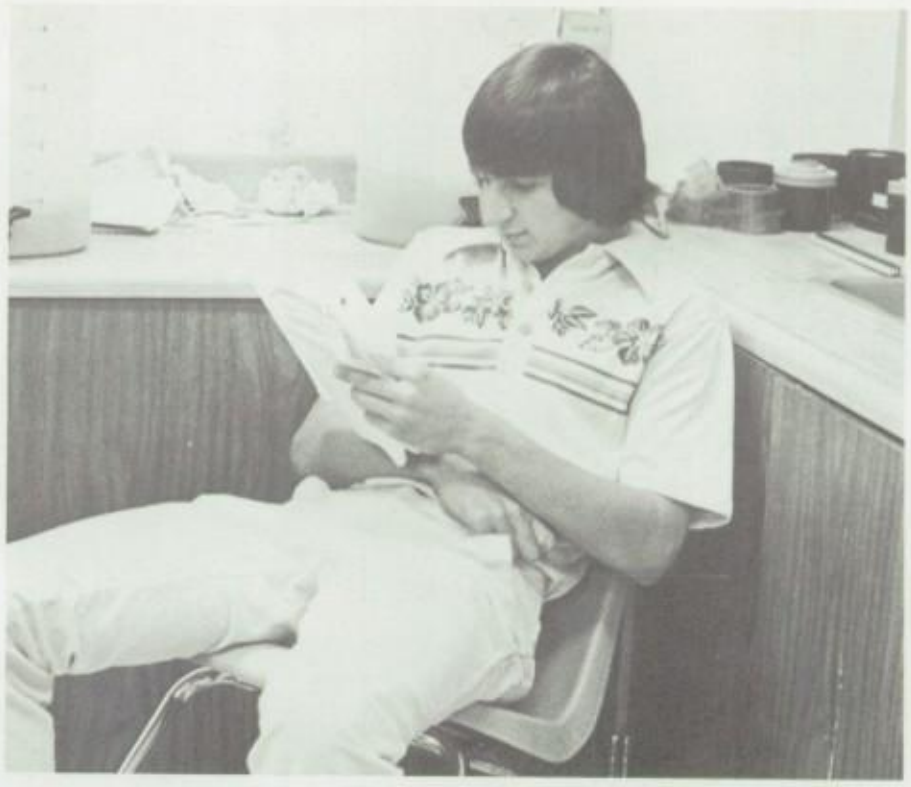
Typing, Accounting, Record-Keepping, and Shorthand. These subjects may sound boring, but students who take them feel that these classes help to face life after high-school. Taking these subjects also makes it easier for the students to find a job of their choice.

In the Record- Keeping class with Mrs. Burgraff teaching, students learn how to use checking accounts, use classified cash book, and solve some business problems. For the students who take the class seriously, they find it very worthwhile.



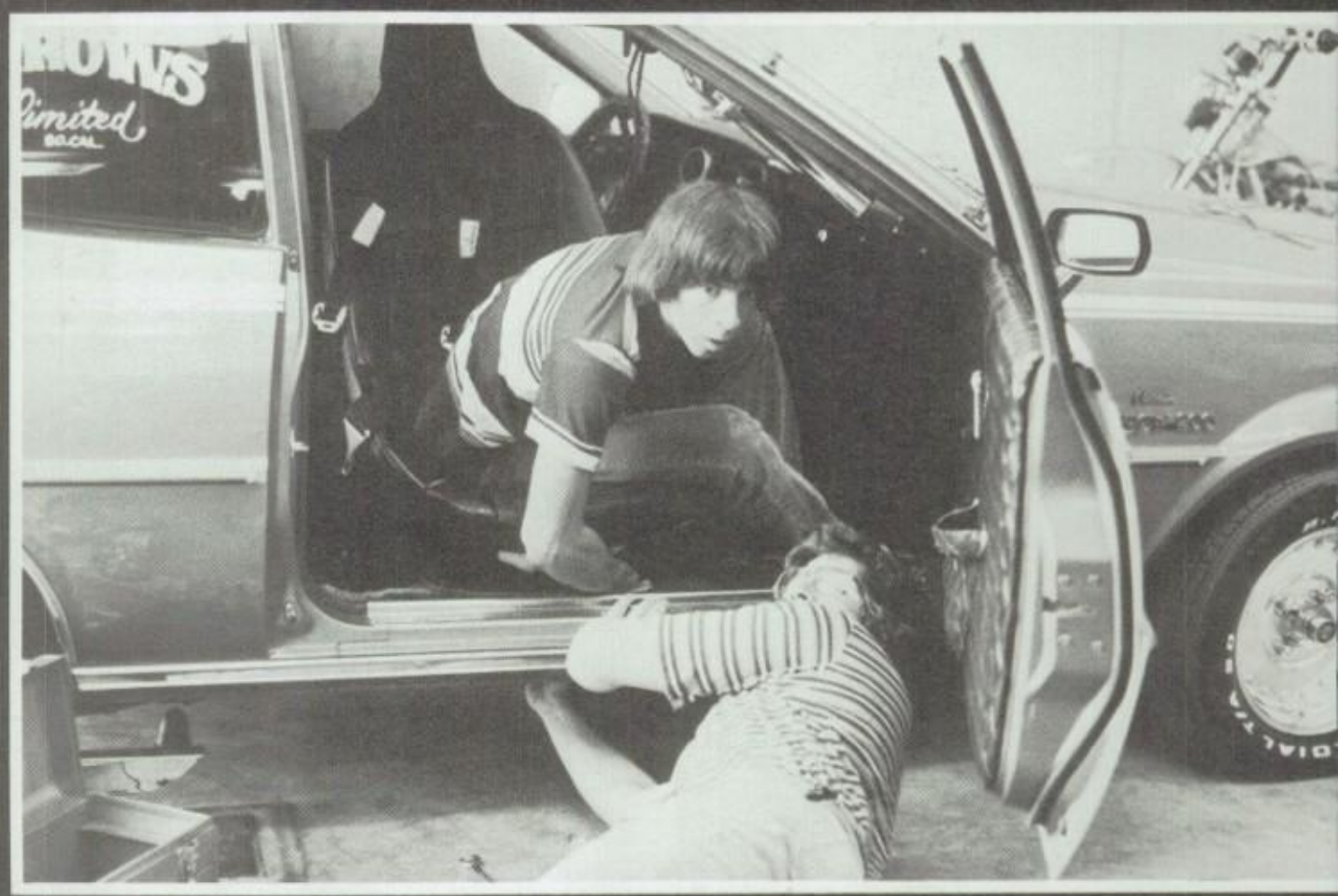


JIVE TALKIN' JOURNALISTS

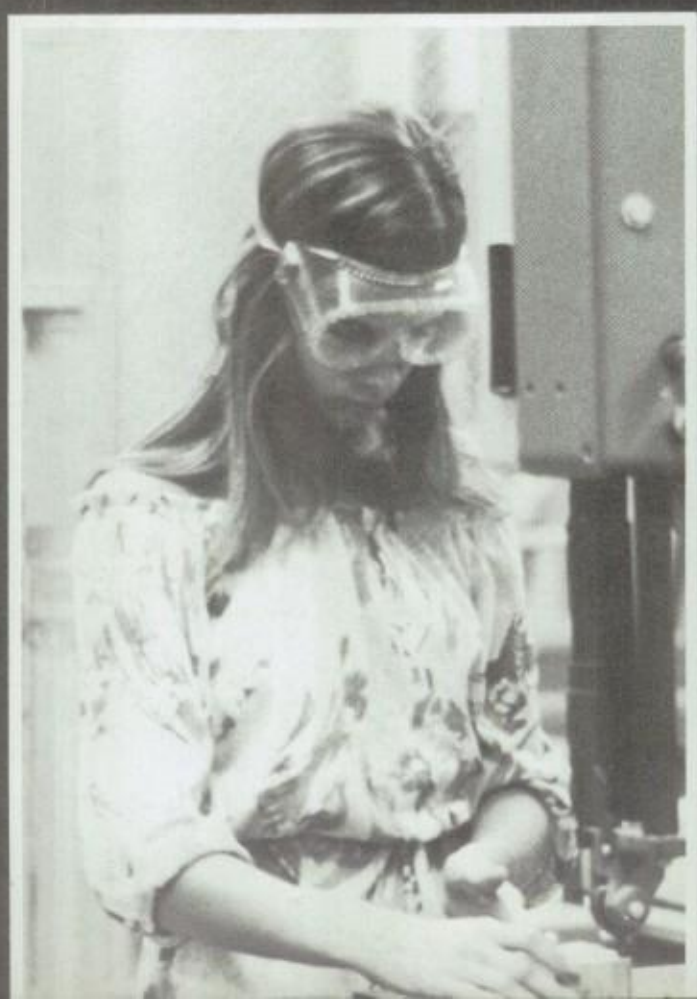


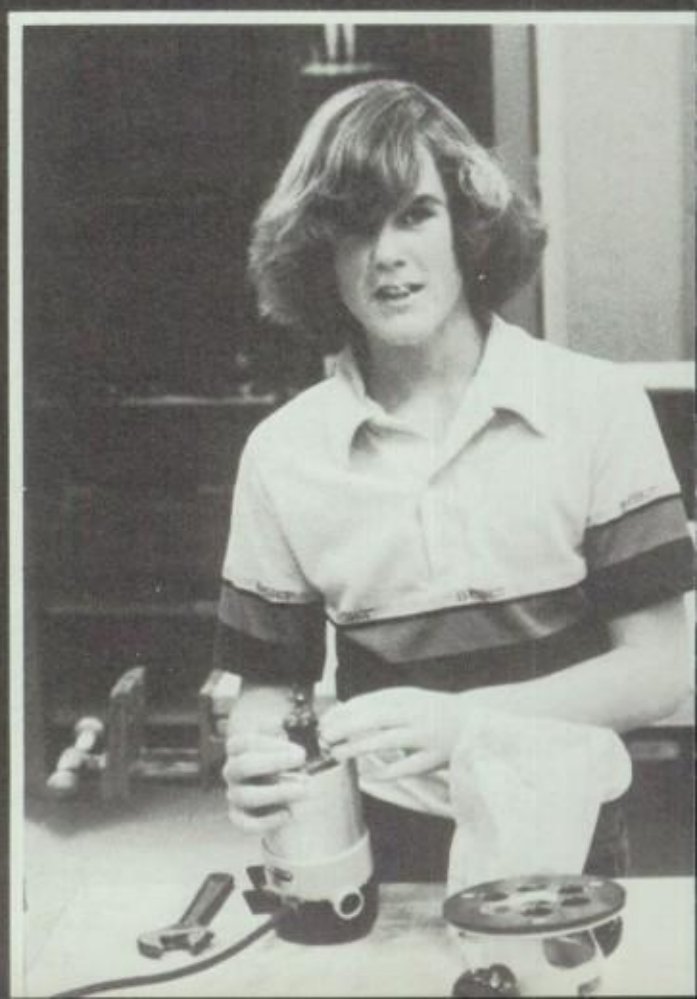
Besides producing our school's newspaper, students in this class work on sharpening their journalism skills. Advisor of our newspaper, Noreen Farley, says she enjoys seeing her students create their own paper and only lends her helping hand in times of stress. This individual organization seems to have proved successful in the production of our distinctive "Paw Prints".

INDUSTRIAL ARTS:



Working with wood, metal, automobiles and photography are all a part of Industrial Arts. Students take, print and develop their own pictures in photography, just as workers in the metal and wood shops create masterpieces of their own, utilizing our quality machinery. In auto shop our future mechanics are exposed to taking apart, repairing and putting back together their cars. The instructors in these sections emphasize providing students with practical knowledge that can be used for hobbies or careers.





INSPIRED INDIVIDUALITY

Clubs

HIT THE WAVES

The surfers at Capo have enjoyed their first year as a club. Surfing at Salt Creek and other meet locations has given them a chance to improve their skills and meet other surf fans like themselves.

As advisors of Surf Club, Mr. Nealy and Mr. McIllwee are pleased with this year's performance and anticipate an even more promising next year.

1st row: Dave Guido, Kevin Garden, Andy Vandenburg, Dave Smith, Mike Maldonaldo, Kathy Kline, Mr. Nealy, Kevin Burt, Mr. McIllwee, Jill Lenz. 2nd row: Ed Gomez, Mark Maldonado. 3rd row: Larry Jones, Mark Hall, Butch Svedeen, David Jackson

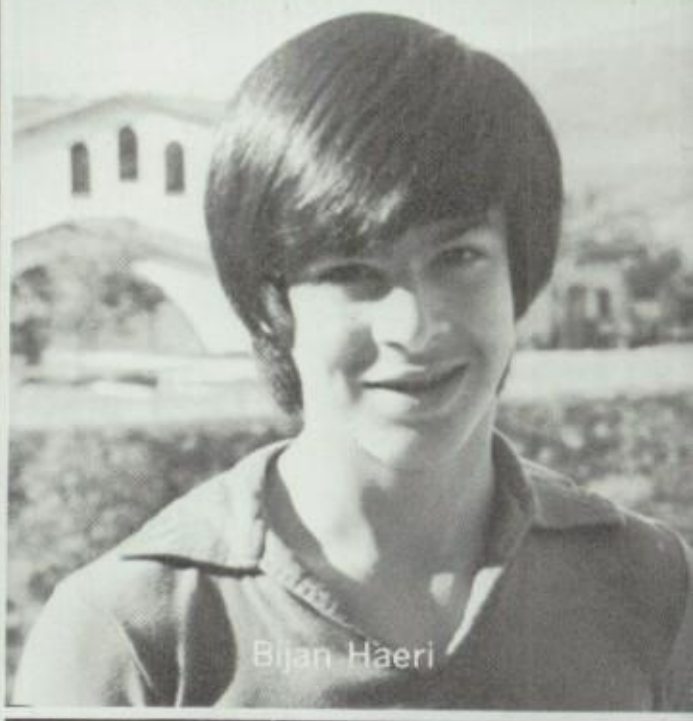
C

Mr. Patton Advisor

H

E

Mitchell Haeri


Bijan Haeri

Jim Allen

S

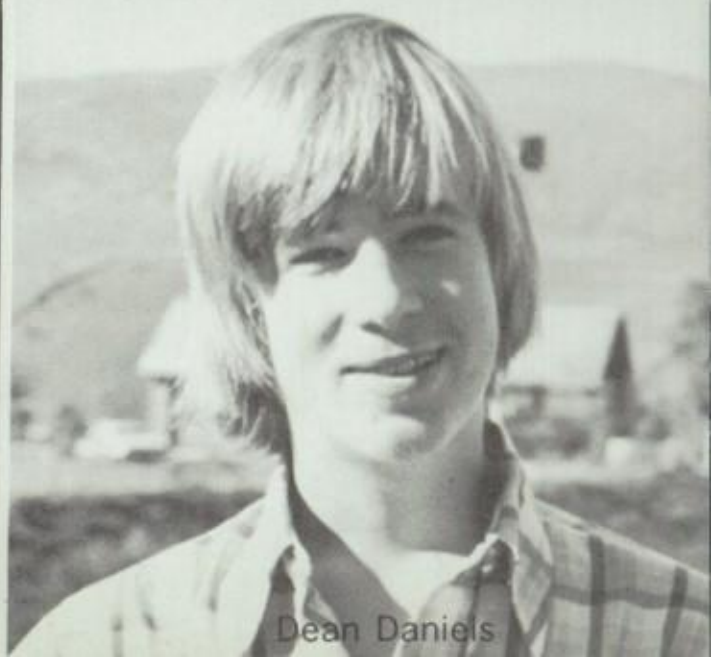
S

Kelly Grant

Our Capo Valley Chess Club beat Dana Hills in the 3rd annual Chess Turnament of the year. Jim Allen, Dean Daniels and Bill Bathgate were largely responsible for the Capo victory.

Capo Valley ended up 2nd overall in the South Orange County Chess League.

Mr. Patton, the Advisor, has done a great job.


Dean Daniels

GERMAN FREAKS GET TOGETHER

The German Club has many trips planned for this year. Presently the club has visited the Octoberfest in Old World, Huntington Beach. The club also attended a german fiesta where the club members sang, ate and danced to german folk dances. After the german meal, president Rob Tschombor proceeded to show the club members an erotic dance that he had learned from a german show girl many years ago. The club advisor, Miss Gibb, said that their club had quite an adventurous year.

Members: Carol Day, Anyaliza Fernando, Rob Tschombor, Brad Biegon, Miss Gibb, Kim Krahulik, Danny Dibble, Linda Ivers, Kathy Richards.

THE DANCE CATS MAKE SOME FELINE MOVES

Sharon Kelley's Dance Club enjoyed a very rewarding year. "An Informal Evening of Dance", the theme for their winter extravaganza was quite a success. Their other big concert in the spring also deserves all of the praise it received for a job well done. As advisor Mrs. Kelley strives to broaden the dancers' spectrum in the Fine Arts, and improve their technique. The advisor said, "I've really enjoyed working with everyone and I'm looking forward to being with them again next year.

Top Row: Sharon Kelly, Sue Chaska, Edie Chaska, Suzy Beck, Suzanne Luster, Angie Bowen, Marina Fitzpatrick, Rochelle Robinson, Amy Pitsker, Erin Krause, Heidi Shaver, Tammy Bowers.
Middle Row: Carol Allen, Denise Erickson, Tania Steinki, Dana Stevens, Availa Aguilar, Chris Anderton, Kelly Thompson, Tammi Marchello, Francine Loratero, Sally Jaime.
Bottom Row: Kathy Baker, Nancy Merolla, Jerri Brunett, Michelle Hoffart, Kathy Kading, Hilary Massey, Helen Rogers, Colleen Hubble, Tara Warren.

CLAY THROWERS

Those in the Ceramics Club have learned a lot this year. Ms. Booth really likes kids and loves to see them learn what she teaches. And, judging from the results it's been a great year. Fall brought a John Smart look alike contest. The Resemblance between the sculptures and the real person differed somewhat. In the Spring a fund-raiser pottery sale aided in the support of the club. Throughout the year members had a chance to explore many techniques in ceramic sculpture and apparently had a productive and enjoyable year.

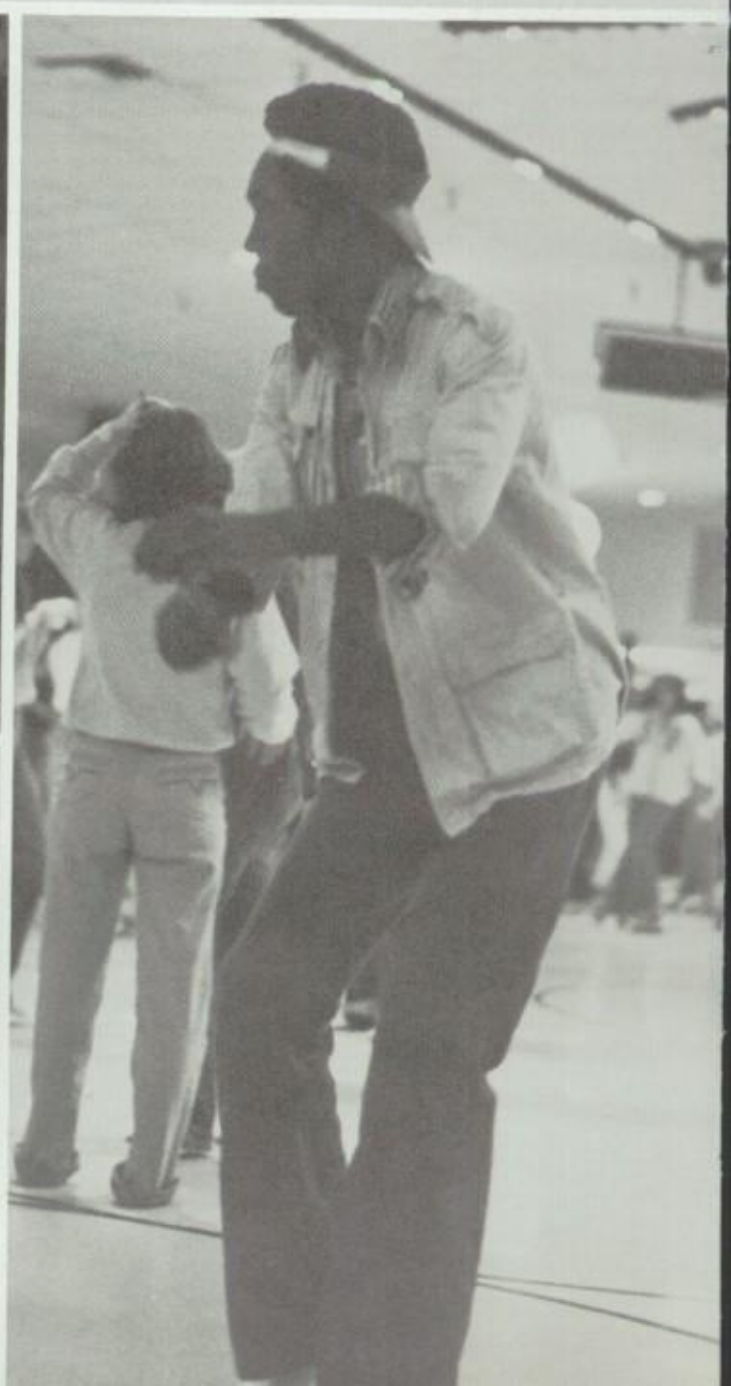
Members top row: Bill Kerckhoff, Dan Kyusky, Chris Leonard, Andy Van Den Bergh, Jeff McLean, Gary Driscoll, Middle row: Candy Contreras, Advisor, Carol Booth, Rob O'Shell, Dana Bowers Ronnie Adams, Mike Bell, Steve Friedman, Debbie Fishes, Bottom: Mark Chandler, Brad Gaines, Dave Ferrari, Dave McElroy, Tom Sherman.

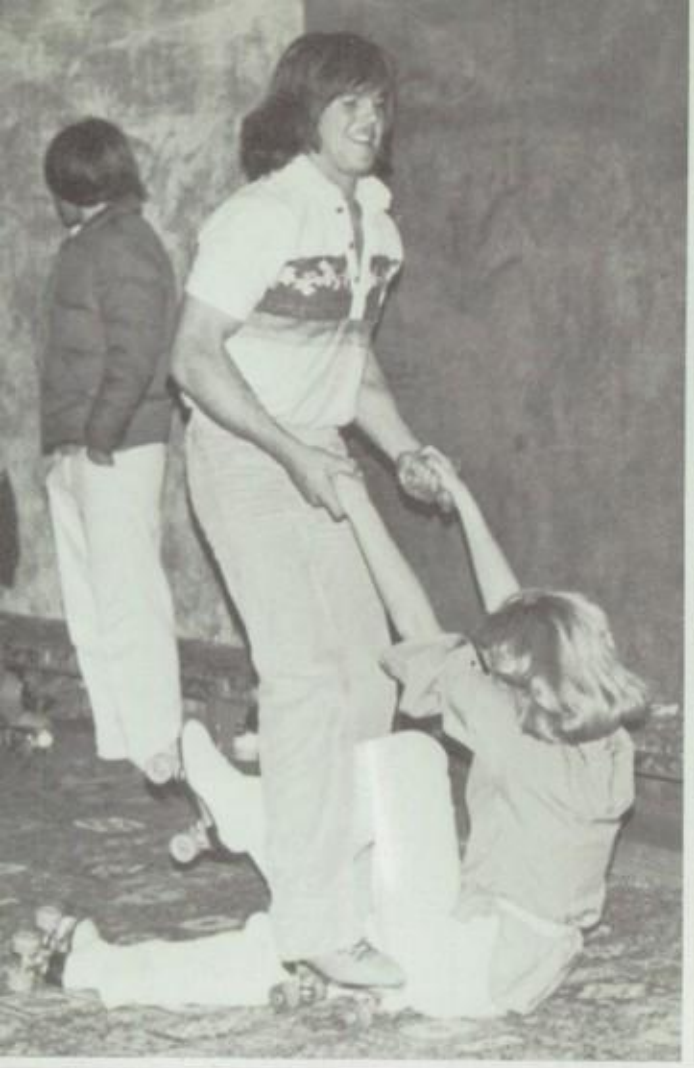
C.S.F. MEMBERS DON'T SKATE THROUGH SCHOOL

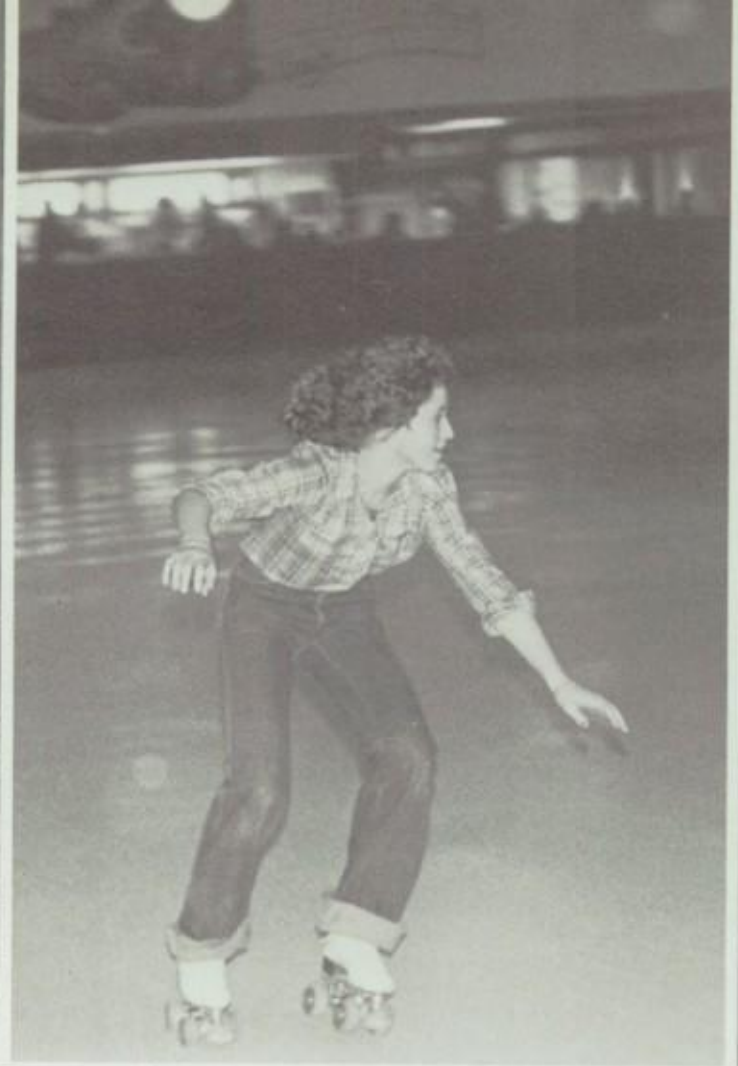
Mr. Hoffman, as a well-rounded teacher, says that in C.S.F. he strives to add pride and enthasiasm to academic achievements. He feels there is a great need to honor and recognize academic excellence. C.S.F. started out this year with the "Great Pumpkin Weigh-In". A terrific success, except for the rotting pumpkin, it helped strengthen the clubs treasury. Other activities included the annual "Battle of the Brains" and their flower gram sale.

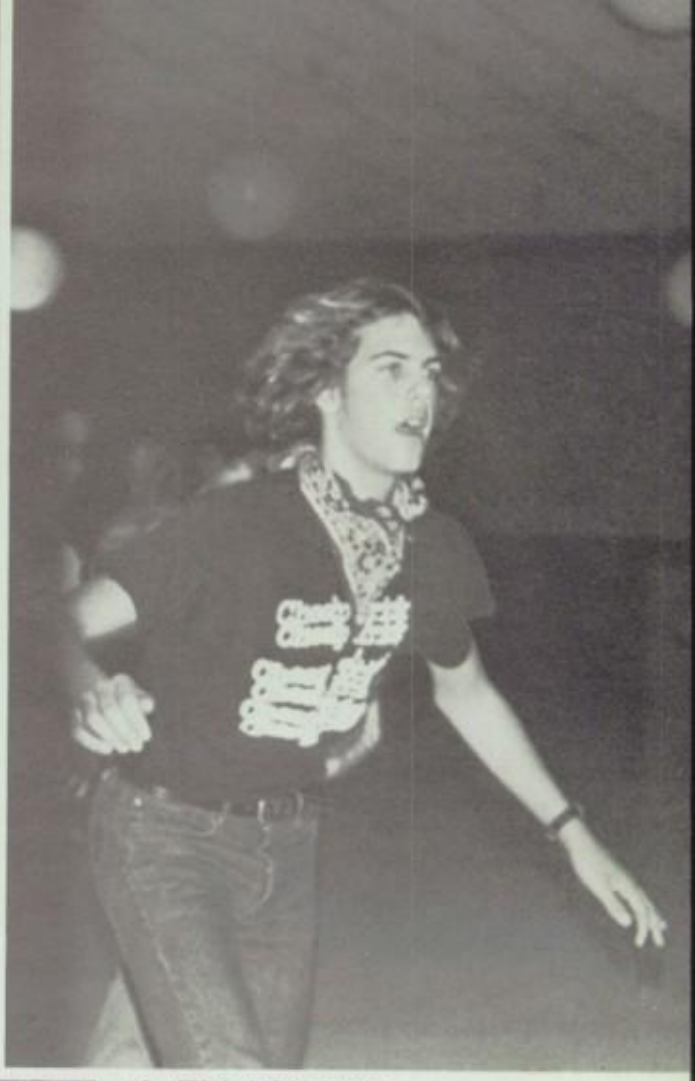
"Skate-Nite" proved to be the greatest success of the year. Everyone was welcome and a good time was had by all. Recently remodeled the "Skateway" featured colored lights and a variety of music adding a festive aura to the occasion.

Outside of school Mr. Hoffman is a sports nut and an outdoor-loving person. He spends his free time reading and says he really enjoys helping students.









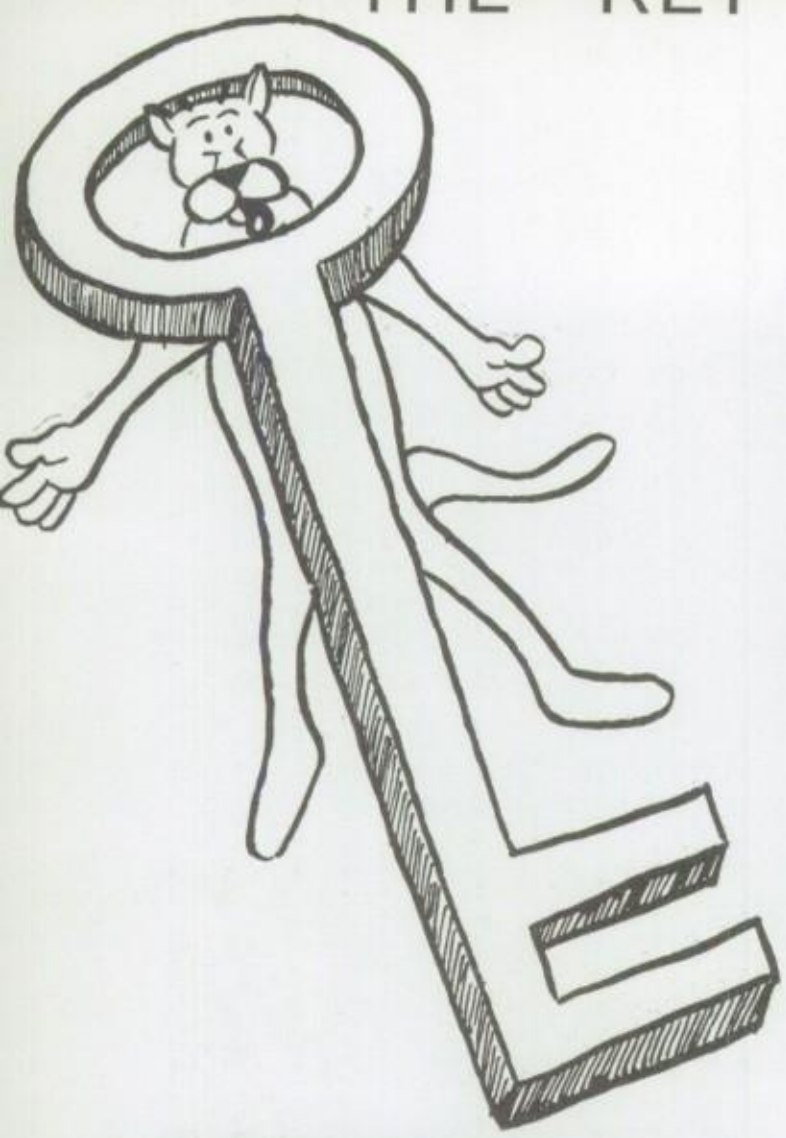
Members: Paul Amorese, Phil Albert, Suzanne Back, Scott Barker, Alisa Bell, Diane Bathgate, Dale Beck, Suzy Beck, Greg Berns, Gary Brozio, Kevin Donaldson, Mark Drumm, Naney Fox, Analisa Ferhando, Lynn Farnham, Laurie Granucci, Elise Gower, Alex Gottdank, Julie Galkin, Sue Gibbs, Karen Hinkle, Linda Hinds, Leslie Hitzfield, Dawna Halsted, Linda Ivers, Roy Jenkins, Terry Johnson, Jennifer Jacobs, Kim Krahulik, Jon Krietz, Pat Laechelt, Joanne Lindner, Shulamite Lou, Mark Lockaneff, Sarah Mandell, Connie McDonald, Karen McCollum, Risha Martinez, Michele Messersmith, Robin Mooneyhalm, Glenn Claudi-Magnussen, John Claud-Magnussen, Michelle Nevins, Stephanie Newille, Nadine Nicholes, Shelly Nobles, Paul Pitsker, Laura Van Puersem, Amy Pesker, Renee Roberts, Bedelia Rosales, Julie Ryan, Libby Rockwood, Denise Reagon, Todd Schneiderman, Audrey Sung, Jason Smith, Judy Schabert, Suzanne Stratton, Bonnie Sala, Mike Shannon, Howard Sewell, Lisa Sorrentina, Rob Tschomber, Kristin Thorpe, Dara Warde, Steve Wegner, Larry Wilken, Terry Wen.

Members (not necessarily in order)

Sue Sherry, Tosca Vandenbrink, Jill Vuliech, Barbara Perez, Mike Fair, Leslie Hacket, Kathy McLure, Renee Starnes, Cheryl Leverich, Mike Cook, Ted Wallace, Mike Eastman, Lisa Tanner, Gail Gabrowsky, Mikel Ann Hall, Tom Fogarty, Susie Dove, Kathy Moose, Dave Smith, Tom Amen, Kathy Kossuth, Todd Sneiderman

As Advisors of Ski Club, Mr. Nealy and Mr. McIllwee felt that having a ski club would give students a chance to ski where they possibly wouldn't be able to otherwise. Over Thanksgiving they went to Mammoth. Over Easter many members spent time in Jackson Hole, Wyoming. Both trips were a lot of fun according to those who went and extra trips to local areas on weekends added to an enjoyable year.

THE "KEY" TO COMMUNITY SERVICE



Mr. Panici is the advisor of the Key Club. Our Club is sponsored by Mission Viejo Kiwanis Club, an Internationally recognized organization. Mr. Panici says the club has been designed to provide community service to our school and outside groups.

In November the Key Club netted $100 on a pancake breakfast and in December the members sold See's Candies in front of local shopping areas. One member stated; we've all had a busy year helping people and supporting our group.

Members-Cheryl Arneson, Jerri Baker, Robin Charles, Lisa Hadley, Colleen Hubble, Mike Lawrence, Peter Lawrence, Lisa Maurich, Sheri Montgomery, Kim McKecney, Amy Pitsker, Chris Reissmueller, Rochelle Robinson, Kathleen Shaller, Ken Sharrar, Lisa Sorentino, Tonia Steinke, Mike Shannon, Laura Van Puersem.

SPIRIT CATCHES ON

This past year Pep Club tried to generate a lot of spirit and pass it on to the student body and Cougar fans. The main goal of the club is to attain a more spirited student body and to give our fantastic teams more support. This years club been good and it has set the pace for more spirit in the years to come.

1st row: Erin Reagan, Julie Ryan, Susie Beck, Christi Willich, Alisa Bell, Mary Greico, Ingrid Riedl, Jeri Burnett, Gidget Robinson, Michelle Hoffart, Terry Ferrara, Gloria Yu, Sandi Stiglibaur, Lisa Ahlers. 2nd row: Griffith, Tina Barker, Lori Kari Sakuri, Lisa Marusich, Lisa Sorrentino, Kathleen Schaller, Lori Cramer, Susan Bowling, Angela Rymer, Colleen Hubble, Helen Rogers, Maria Ryan, Debbie Sedqwick.

DRAMA

Plaza Suite, Drama Club's First production of the year, was quite an experience. Based on the original work by Neil Simon. The play gave an exciting view of life in our busy world.

When Ms. Farley can manage it between her classes, the play, productions and the school newspaper, she performs at local theatres.

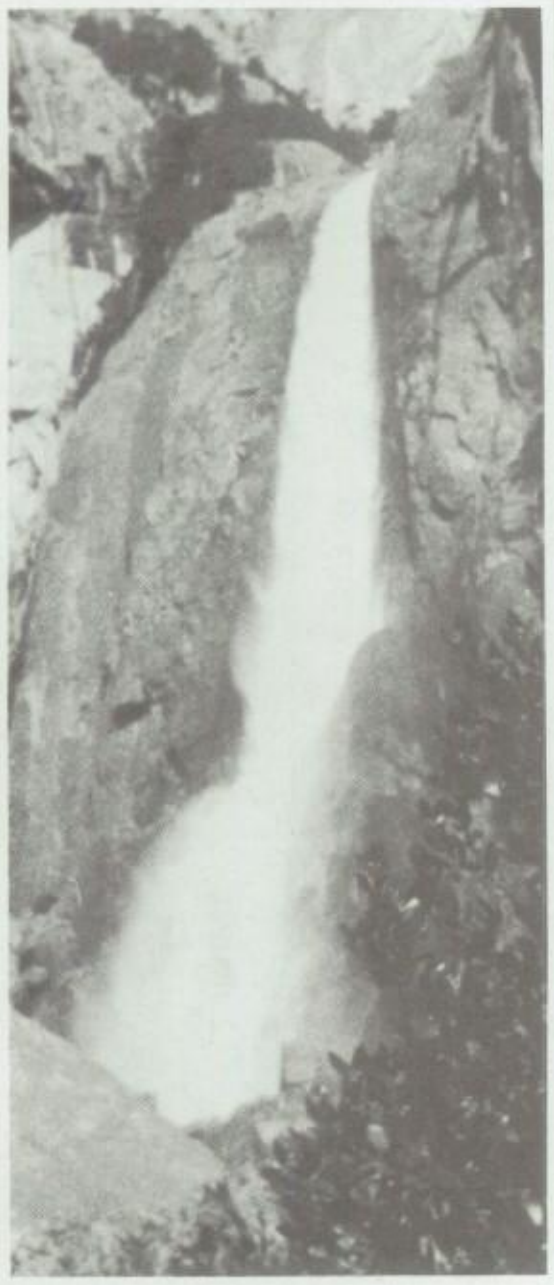
Members-Back: Paul Hughes, Sage Osterfeld, Middle: Lisa Mendez, Julie Mortenson, Kathy Hall, Susan Soesbe, Front: Rochelle Robinson, Ms. Noreen Farley, Erin Krause, Mark Drumm.

MARINE ECOLOGY

As advisor of the Marine Ecology Club, Mr. Manning considered their trip to Morro Bay one of the most exciting expeditions. It gave the members a chance to experience many aspects of research studying. They camped in Morro Bay State Park and explored the marine life of the bay.

In May, members took part in an eight day field study to Baha California. The trip included fishing, hiking, skin diving and more in depth marine life studying. All in all its been quite a fun-filled year for everyone.

Member: Joe Weber, Mark White, Todd White, Bill Armstrong, Anne Valentine, Julie Ris, Carol Day, Cindy Hankins, Mr. Panici, Joanne Presutti, Karen Mitchell, B. D. Rosales, Karen Andrews, Mark Rebeck, Cathy McClure, Roy Jenkins, Risha Martinez, Sue Gibbs, Lisa Marusich, Mark Mora, Mark Deuser, Lisa Sorrentino, Judy Schell, Julie Ellis, Teri McDonald, Renee Starnes, Mr. Manning.



Advisor of the Yosemite Institute, Mr. Manning planned a fun-filled and adventurous year for his club members.

The group developed an appreciation for our country's natural beauty during a six day stay at Yosemite National Park. This excursion included many hours spent skiing, hiking, and snow shoeing.

Brian Manning has taught at Dana Hills and San Clemente, before joining the staff here at Capo Valley.

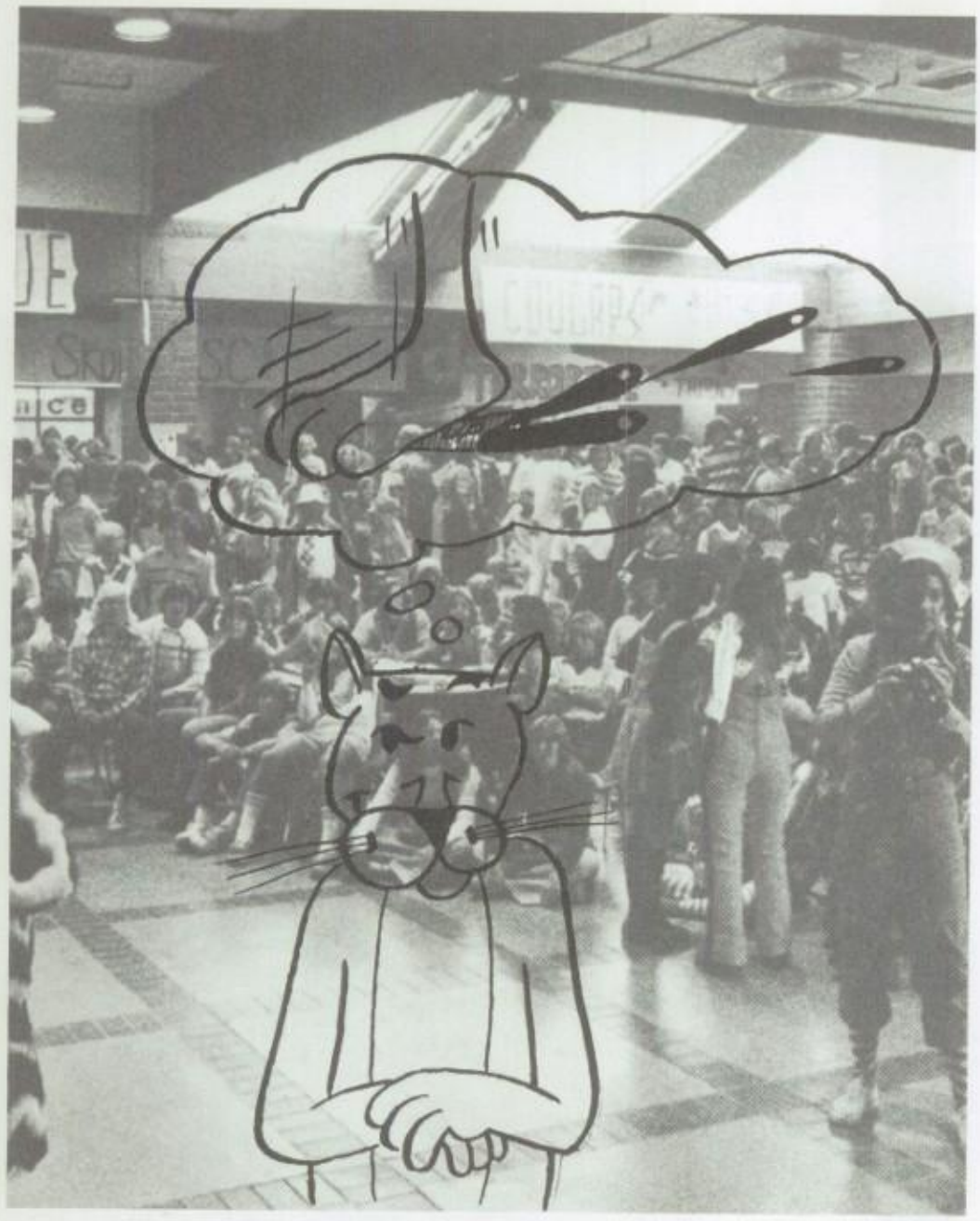
Standing: Tim Gabris, Kevin Cooper, Mark Deuser, Mr. Manning. **Kneeling:** Cathy McClure, Sue Gibbs, Kim Collins. **Seated:** Terri Hardy, Julie Ellis, Claire Coutlee, Mark Chandler.

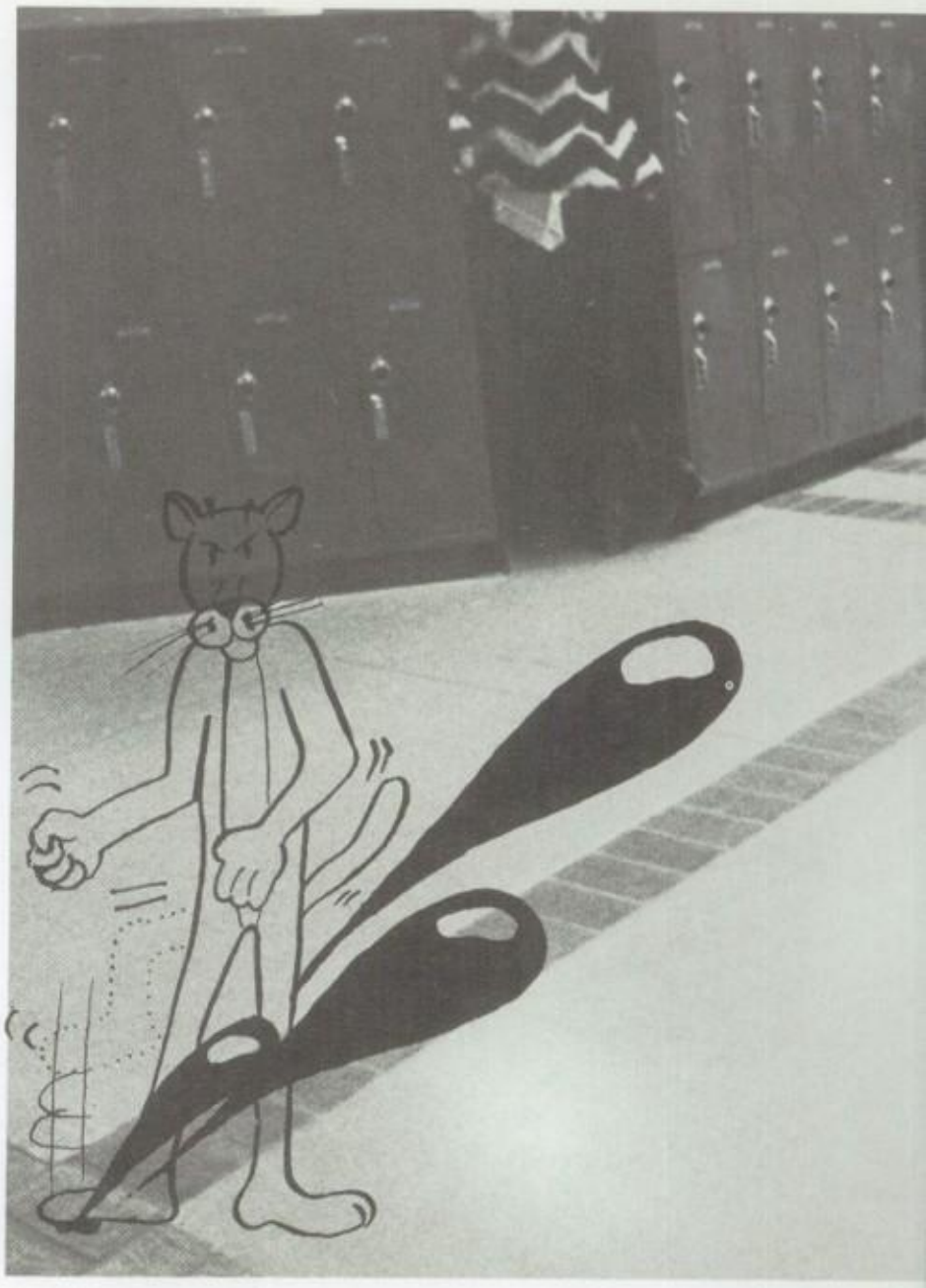
!OLE!

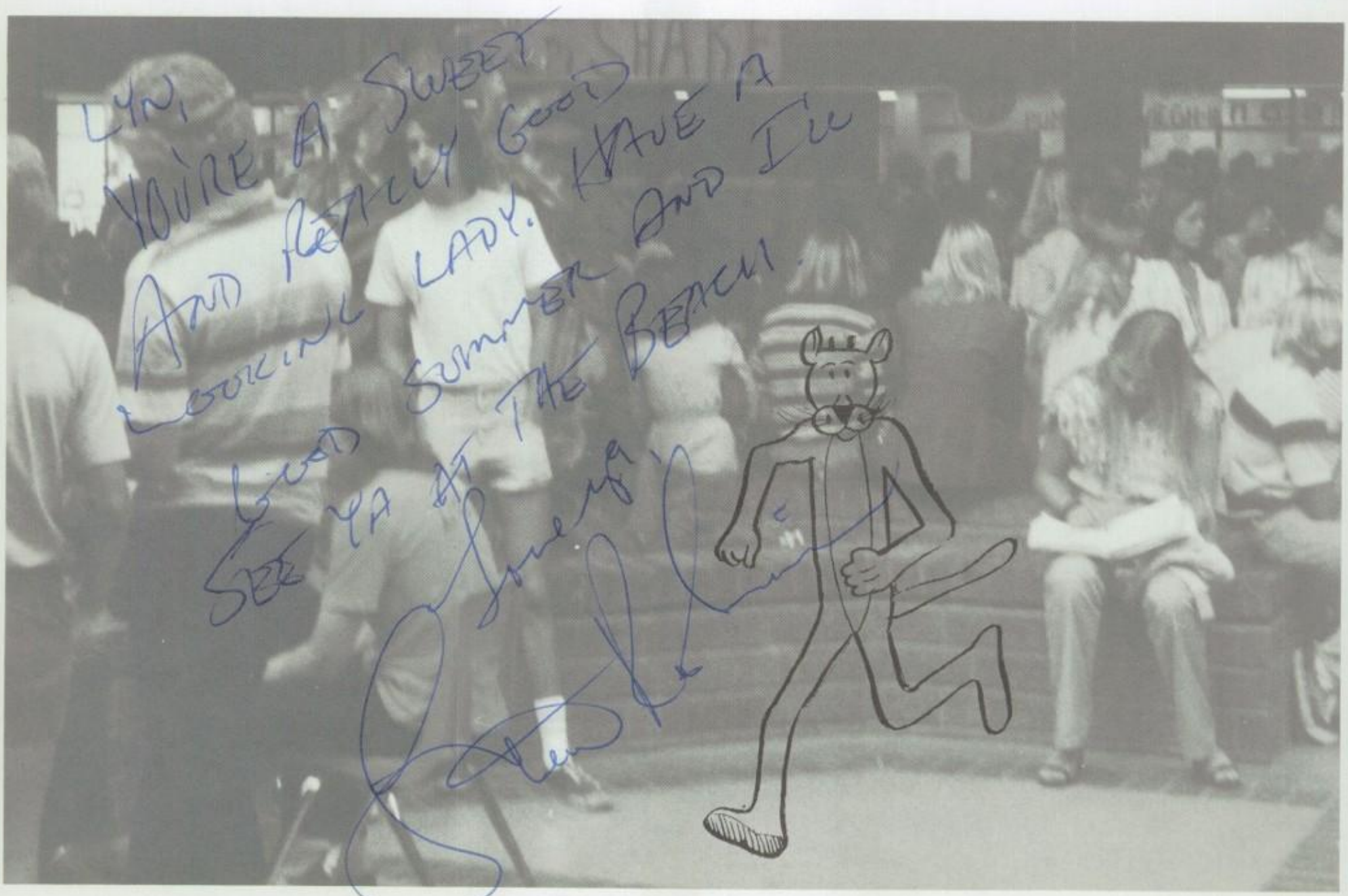
Mrs. Romero, the advisor of Club Puma Juvenil, said they enjoyed a productive and fun year. The members of the club strive to promote cultural understanding, awareness of job opportunities, and scholarships.

Working with young people and helping others are what our Puma Club advisor enjoys most. After a beneficial second year they will be looking forward to a superb next year.

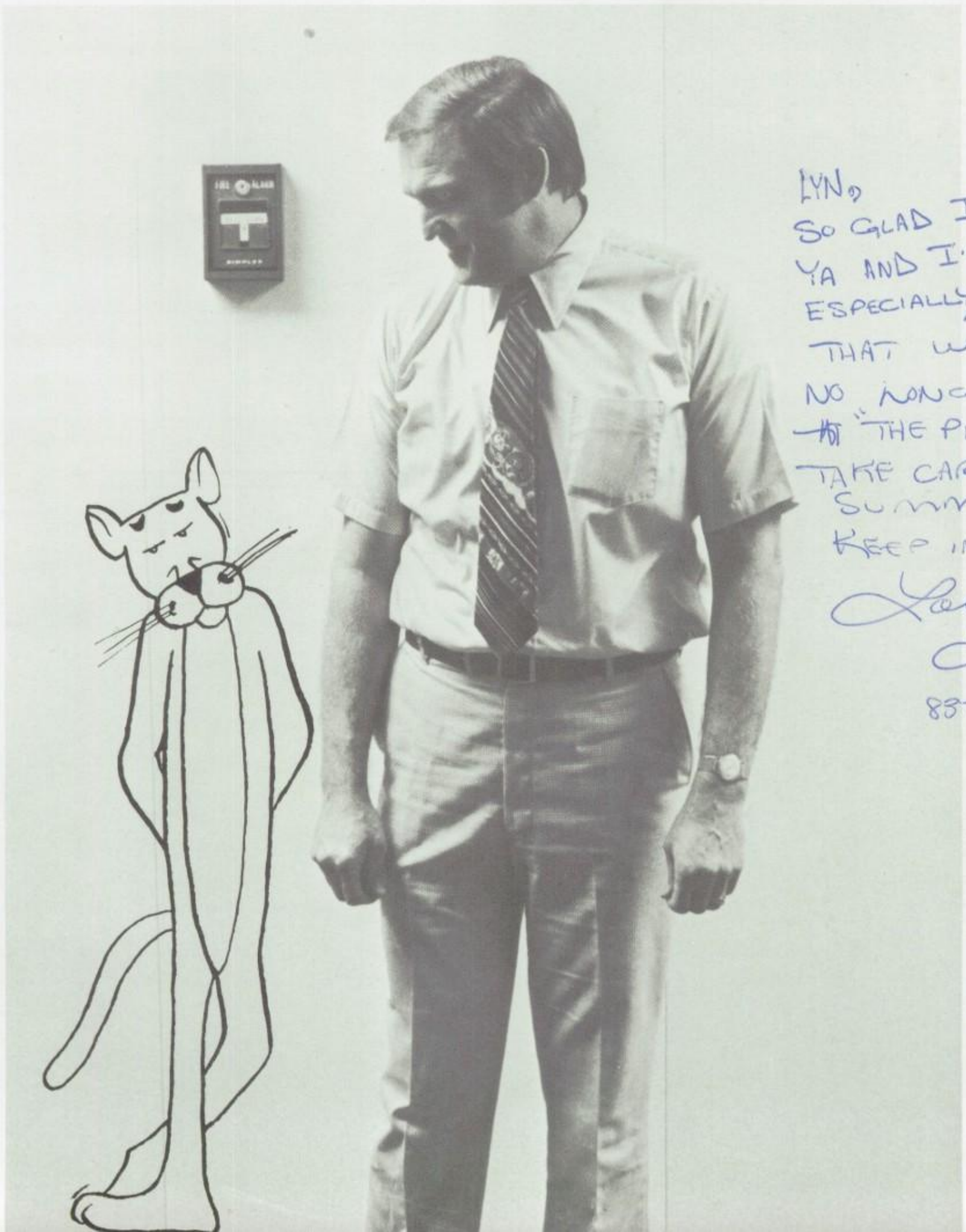
Members: Left to Right, Top Row: Mrs. Romero, Mrs. Azar, Sarah Hernandez, Martha Zendejas, Leticia Martinez, Rebecca Martinez, Fransisco Gutierrez, Areceli Jaime, Gracilea Martinez, Martha Beltran, Estela Beas. Left to Right, Bottom Row: Javier Medina, Juan Zavala, Gustavo Beltran, Jose Huerta, Armando Beltran, Martin Manzo.





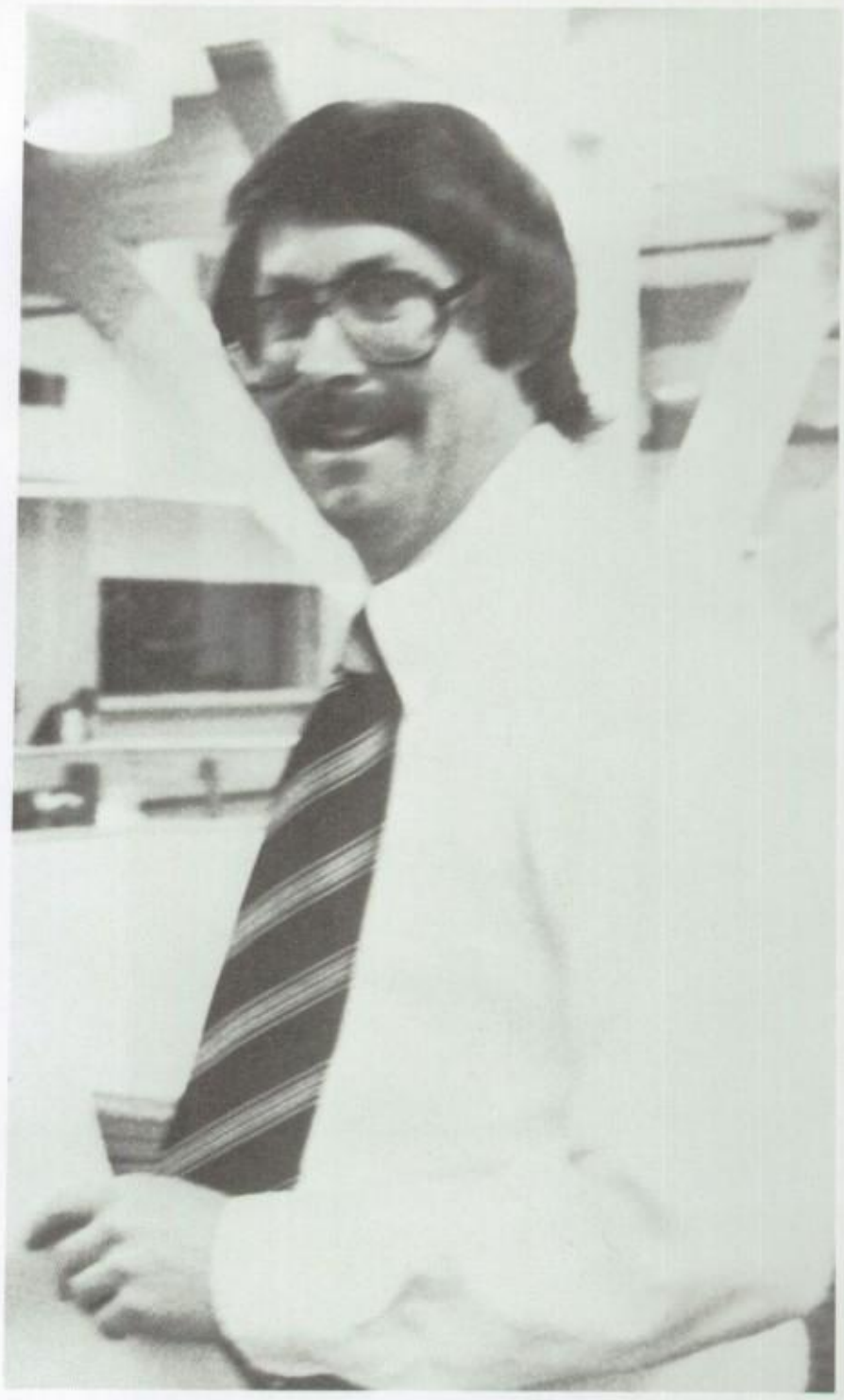

LYN,
YOU'RE A SWEET
AND REALLY GOOD
LOOKING LADY. HAVE A
GOOD SUMMER AND I'll
SEE YA AT THE BEACH!

Faculty



LYN,
So GLAD I MET
YA AND I'm
ESPECIALLY GLAD
THAT WE BOTH
NO LONGER WORK
~~AT~~ "THE PIT" WINCHELL'S!
TAKE CARE THIS
SUMMER AND
KEEP IN TOUCH!
Love
Lottie
887-5366

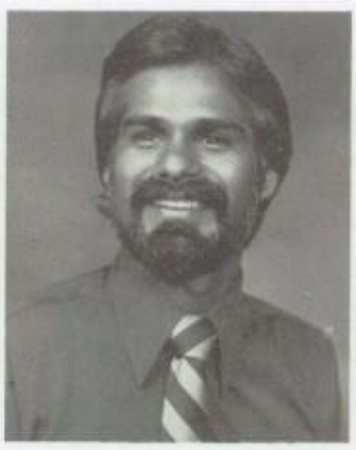
COUGAR ADMINISTRATION



John Smart

Jean Stevens

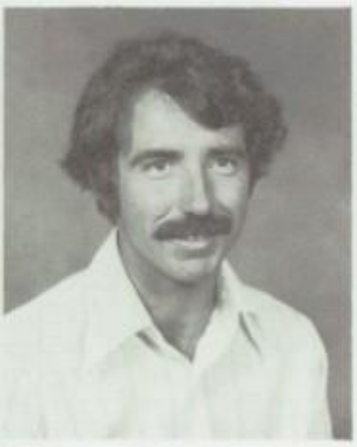
Andy Fisher



David Flores

Diana Atkins

THEY THINK THEY'RE SO IMPORTANT



Marv Glusal

Pat Levens

Bill Eller

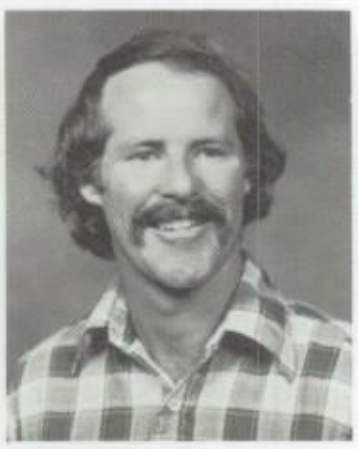
Marilyn Sedoff

ABSENT . . . PHOTO NOT AVAILABLE

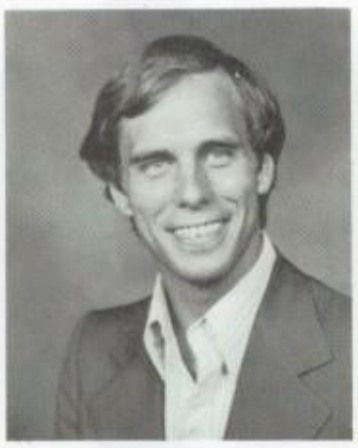
Barbara Zyan

THE "REAL" CLASS CLOWNS

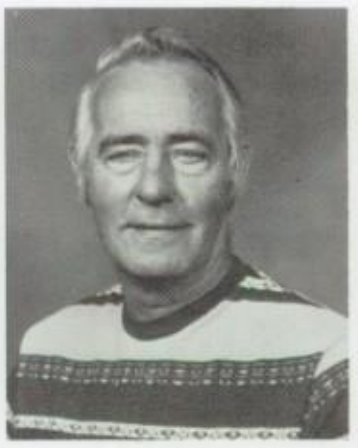
Debbie Allen
P.E. drill teams
University So. Cal.
"It's the time you spend that makes it worthwhile," refering to activities, friendships ect.



Craig Anderson
Social Science
University Irvine
"Live everyday like it was the last day of your life."

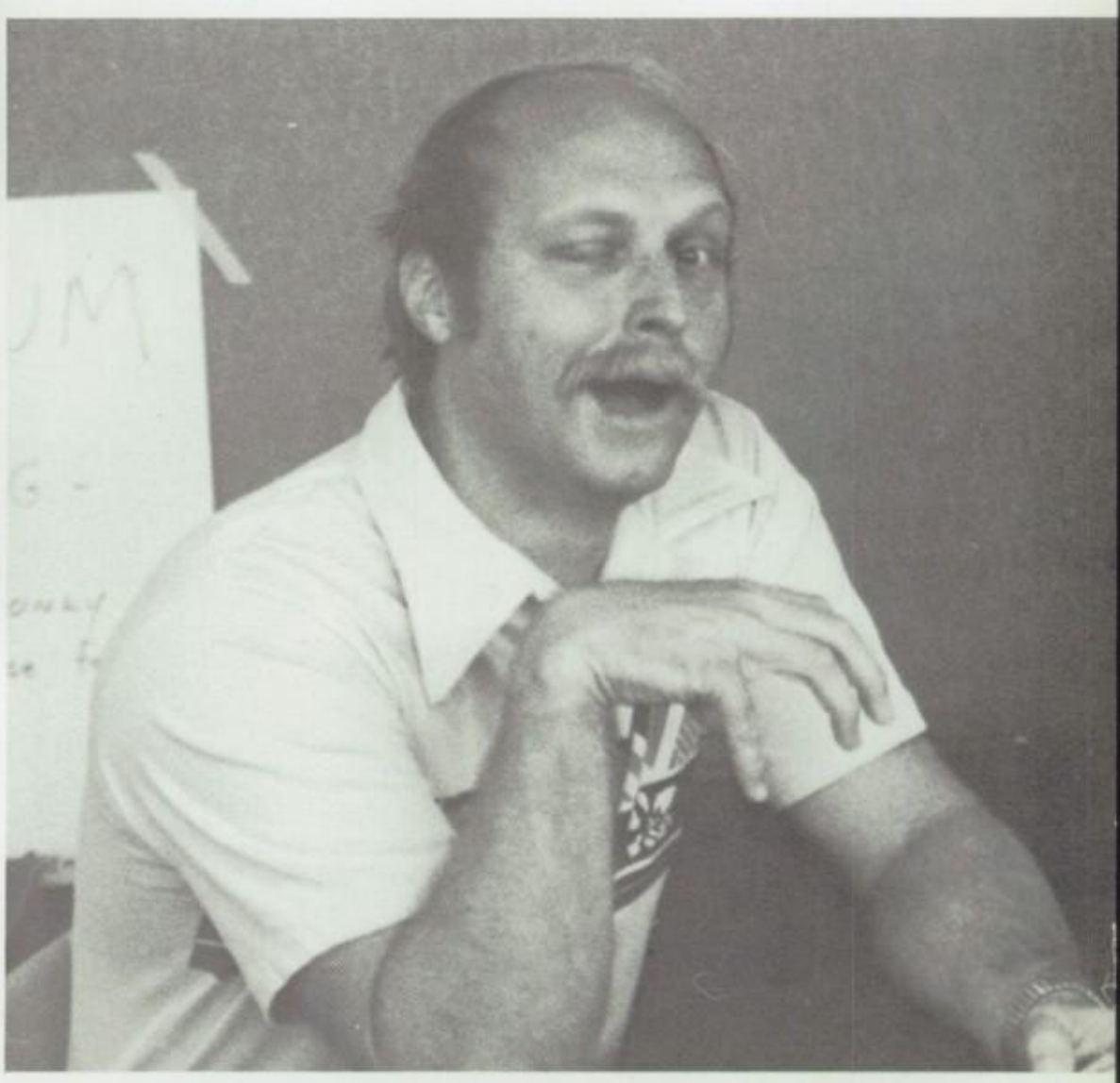


Carl Babb
Science
Cal. State Fullerton
"Censored!"



Ray Beaver
U.S. History
Dickinson State N.D.
"Flow with the river."

Sharon Birkeland
Language Arts



Carol Booth
Ceramics
Cal. State Los Angeles
"You always have a choice no matter what."

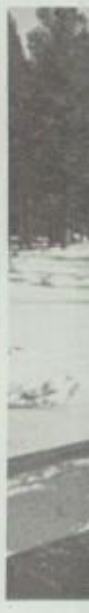
Barbera Burgraff
Business
Cal. State Long Beach
"One must be happy with one's self for others to be happy with them."

Dick Christensen
Woods and Drafting
Long Beach State
"Life is a cabaret."

Sharon Cole
Language Arts
Univ. of Montana
"Don't judge others unless you're standing in their shoes."

Bill Cunerty
P.E. Var. Football
Univ. Soth. Cal.
"Work hard and something good will happen."

CAPO'S GOOD LOOKING



Lisa Dallendorfer
Jewelry-Art
Cal State Long Beach
"You've got to do it with Gusto"

Mary Kay Dargan
Language Arts
Notre Dame
"Live life to the fullest-Everyday"

Stan DeMaggio
Work Experience
Pepperdine
"Life is too short, enjoy it while you can"

Dale Drager
LDG
Pepperdine
"Censored"

David Elecciri
Math Lab
Cal State L.A.
"To each his own-Life is not a destination it's a journey-Treat others as you would like to be treated"

FACULTY???

Arlon Enmeier
Music-Band
Oklahoma State
"Do the best job you can at all times and tjen be content with your best efforts"

Dick Enright
P.E.-Var. Football

Maria E. Evinger
Spanish
Univ. Of Irvine
"Do the very best job you can of the things you take on in life"

Noreen Farley
Drama-Newspaper
Dominguez Hills
"It will all work out for the best"

Lyle Frost
Social Science
Wheaton College
"If you haven't time to do it right, where will you find the time to do it over"

TEACHERS AND STUDENTS

Dan Gabel
Science

Beth Gibb
German- French
Univ. Of Irvine
"Who no fair name has won, nor strives for noble things, belongs but to the elements"

Ella Glaser
Spanish

Susan Gutowsky
Reading Lab
Univ. Of Irvine
"Redeem the misspent time thats past, andlive this day as t'were thy last"

Marie C. Henderson
French
Univ. De Live & De Bord
"En-Arant" =Let's Go!

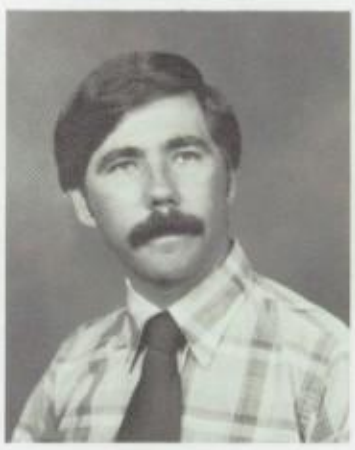
WORKING TOGETHER

Bill Hoffman
C.W.P.
U.C. Irvine
'Do the best you can but don't take life to seriously'

Bob Janko
Algebra
U.C.L.A.
"Winners never Quit and Quitters never win"

PHOTO NOT AVAILABLE

Judy Jaussaud
Language Arts

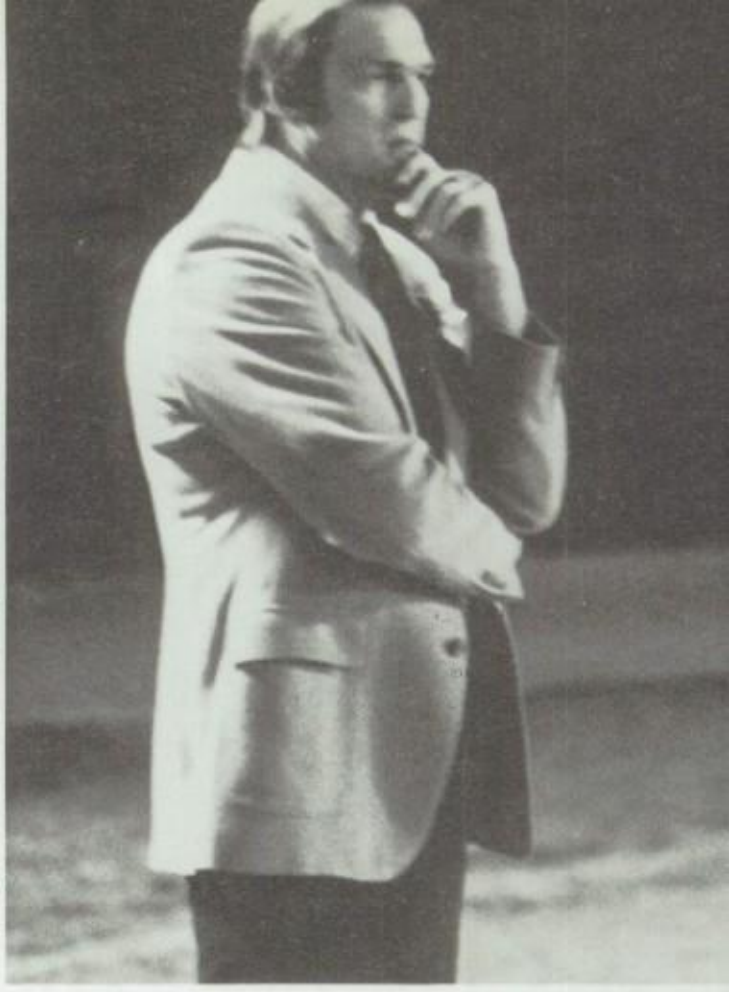


Bob Jones
Metal-Auto
Long Beach State

PHOTO NOT AVAILABLE

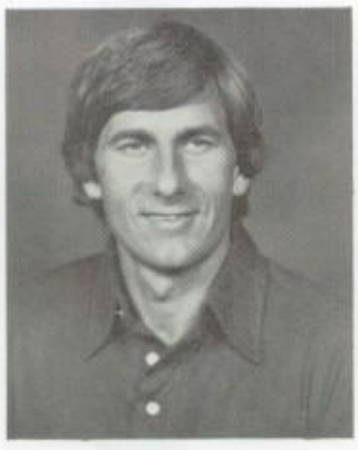
Ken Kaefer
Language Arts

THE SERIOUS



Sharon Kelly
Dance-Pep Squad
Cal State Long Beach
"To learn you must want to be taught"

Al Kiesselbach
Counselor

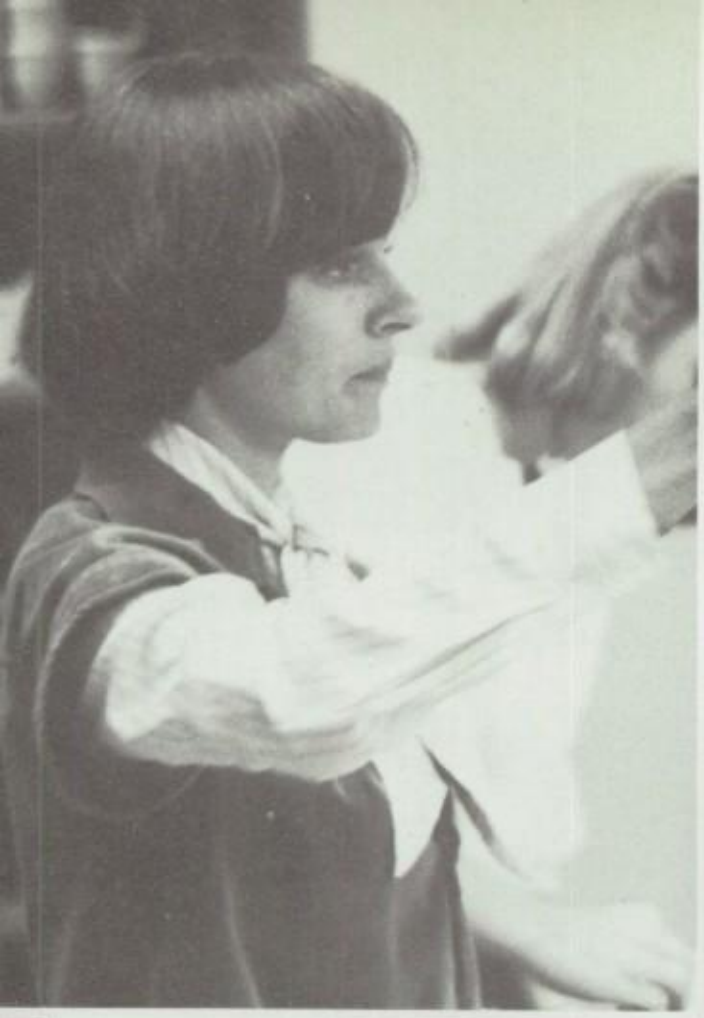


Mike King
Business-Basketball
Eastern Montana College
"Give it all the Gusto you can"

Nancy King
Counselor

Alice Lahtela
Mathematics
U.C.L.A., C.S.U.L.B.
"We only go around once in life, so make the most of it"

SIDE



Pat Lambert
Language Arts
Western Michigan Univ.
"Be a friend, Have a friend"

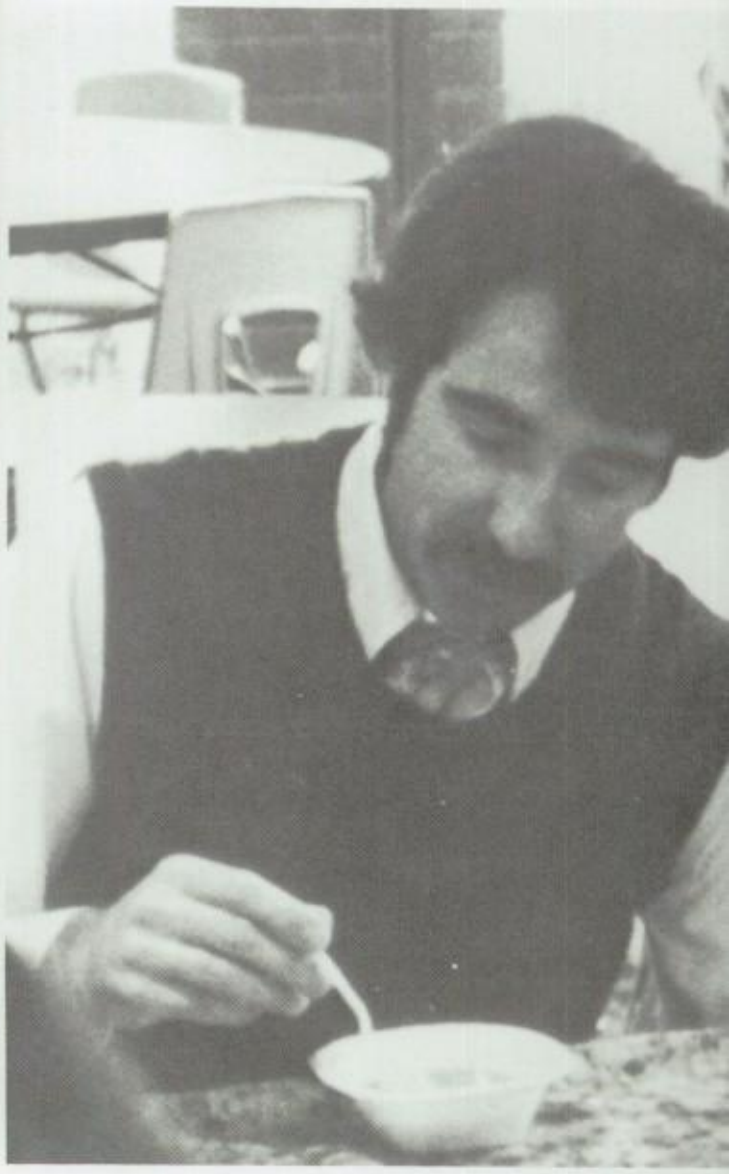
Paul Lane
College Math

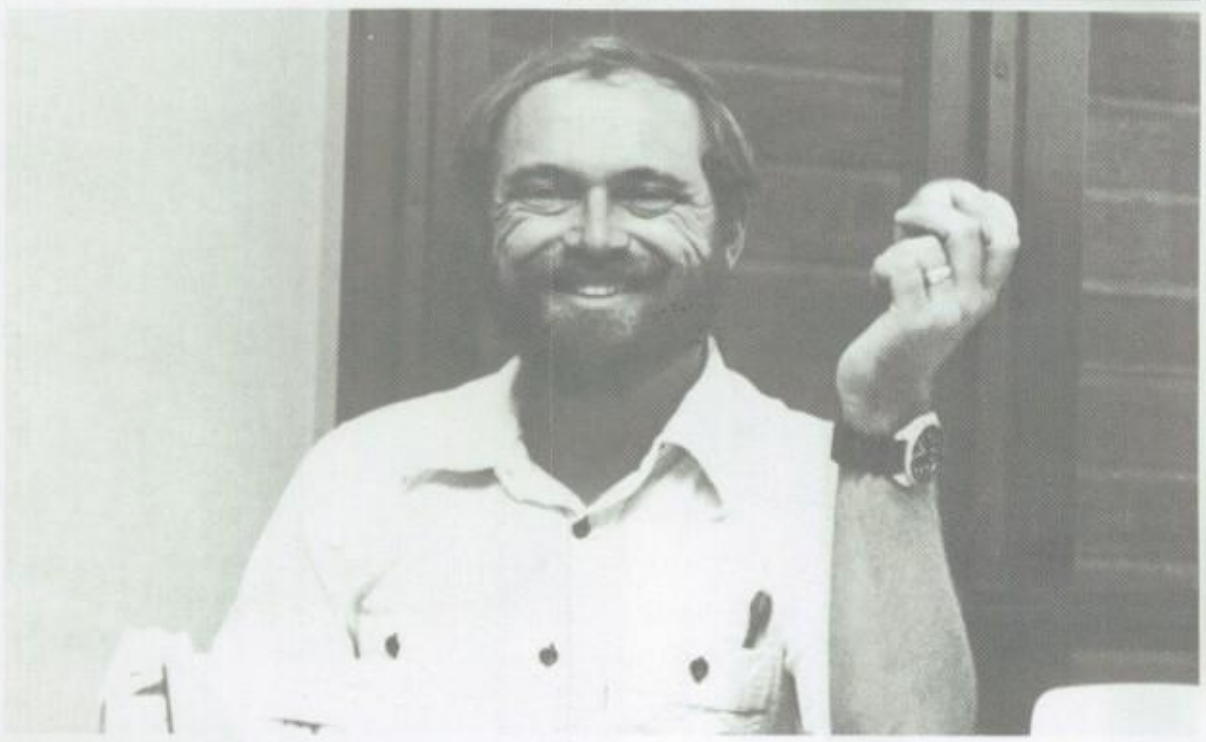
Randie Levine
Algebra
U.C.L.A.
"Be good to yourself"

Ron Long
Social Science
U.C.L.A.
"Censored"

Carol Looney
Spanish
C.S.U.F.
"Make the most of what you have-Here and now-Enjoy each moment to the fullest"

MUNCH





Brian Manning
Biology
U.C. Irvine
"Censored"

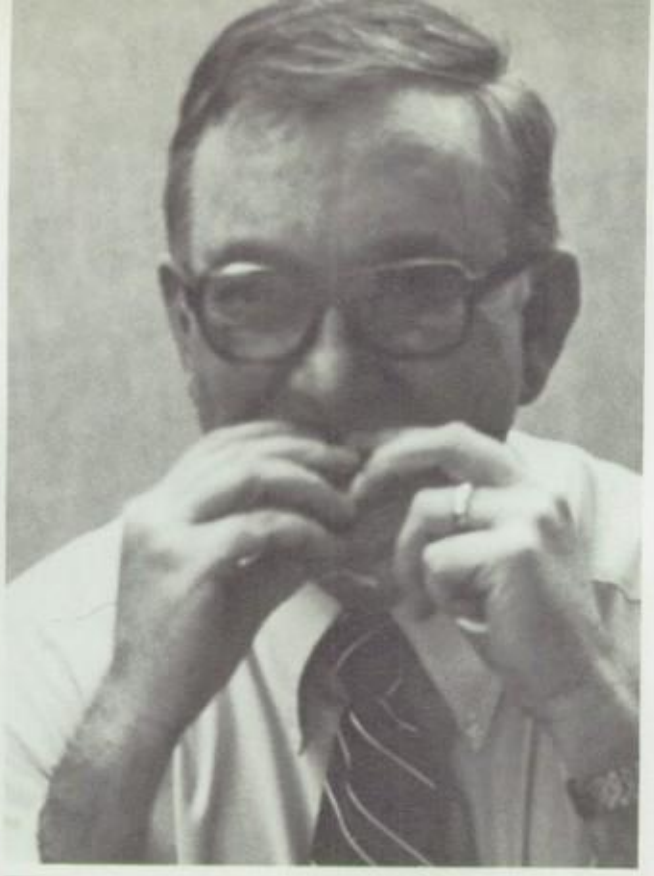
Raghu Mathur
Chemistry
Banaras Univ. India
"Believes in helping people-Catch the Stars"

Dottie McHenry
Social Science
Univ. Illinois
"If you have something good, pass it on. If you believe something good, pass it on"

Jay McIllwee
Drawing-Artmetal
San Diego State
"Live your life to the fullest"

Dan McIntyre
Photography
Long Beach State
"Sink or Swim"

TIME



Habib Mohit
Algebra
Cal State L.A.
"What can I do for you?"

Bob Nealy
Social Science

Ray Panici
Science

Melody Parker
P.E.
Cal State Fullerton
"Keep a positive outlook on life"

Robert Perry
Music-Chorus
C.S.U.L.A.
"Music and Sports provide the spice of life"

DIFFERENT

Eric Patton
English
Notre Dame

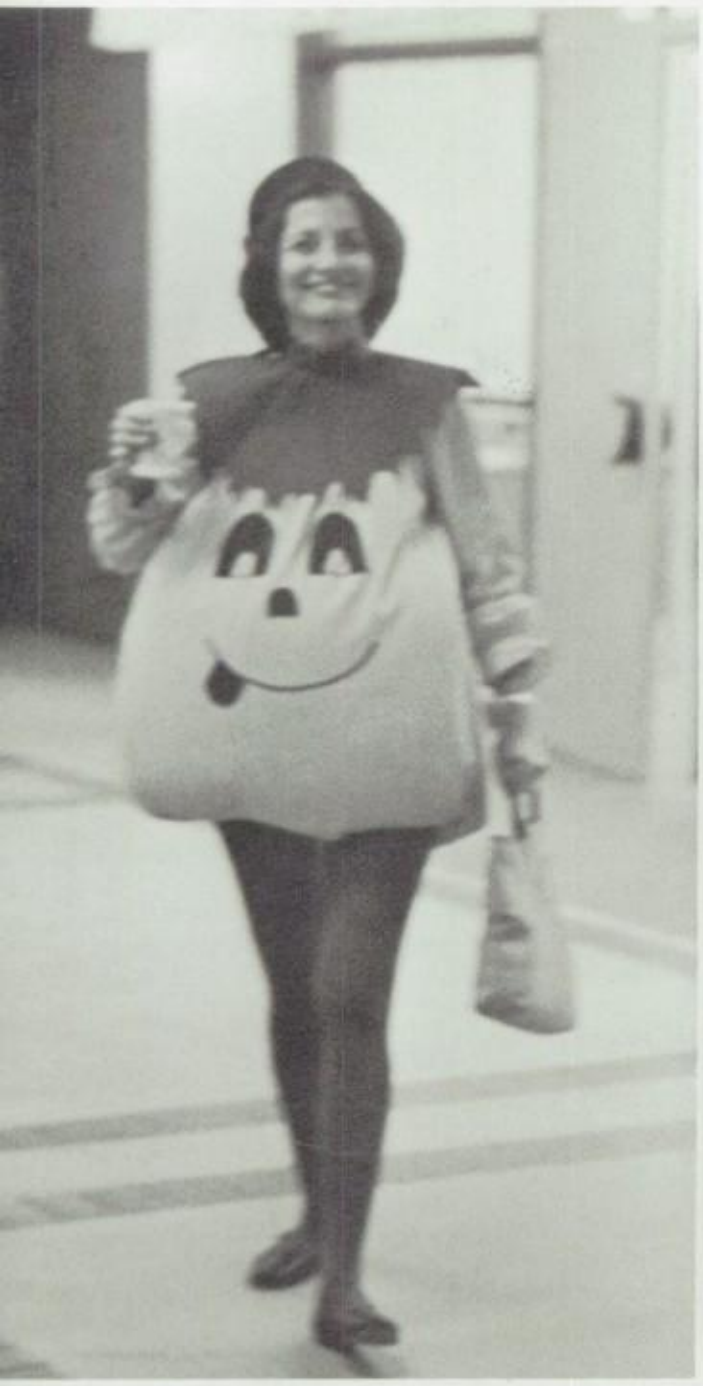
Jan Pluemacher
Science

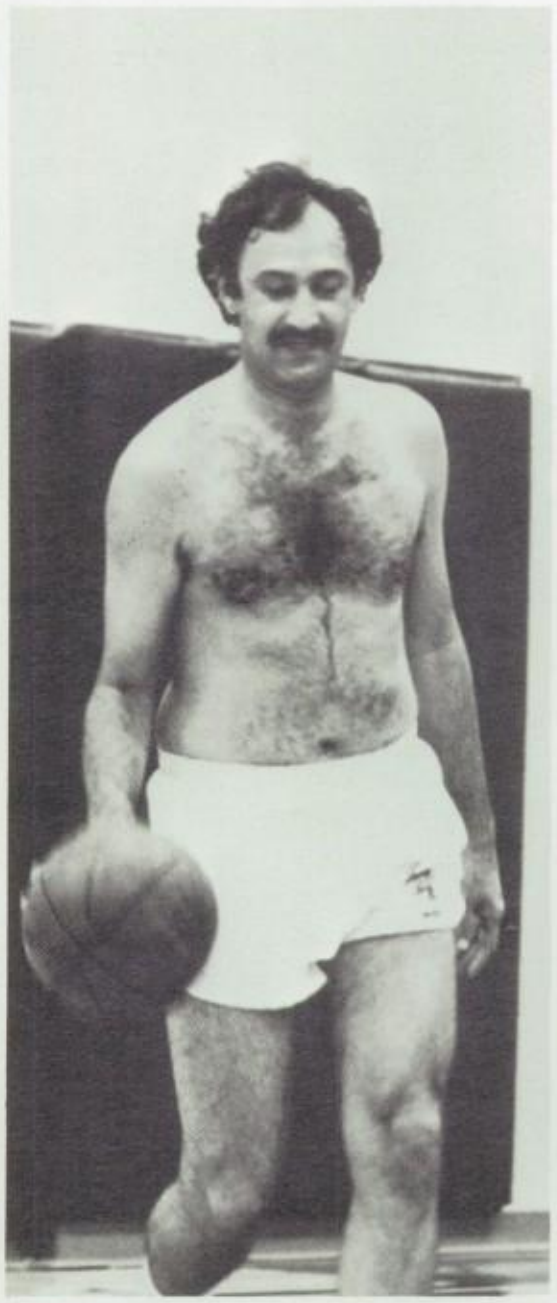
Cathy Rehn
Horticulture

Bill Rolfe
Drivers Ed.
Cal State L.A.
"Censored"

Irene Romero
Spanish-E.S.L.
San Diego State
"A duty to oneself includes a duty to your fellow man"

STROKES





Darlene Saltz
Business
Cal State L.A.
"All children are created worthy and must be given the right to personal respect and dignity"

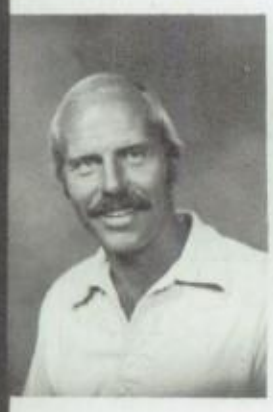
Bob Sanchez
Counselor
Cal Poly Pomona
"Reaching your goals is not a important as giving a maximum effort"

Marlene Singh
Geometry
U.C. Irvin
"Always think positively about yourself and life. Learn from the negative experiences but remember the good ones.-Never believe you can't do it"

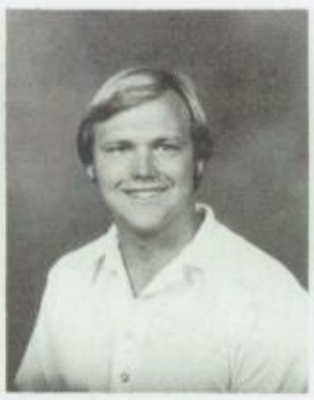
Paula Spadaro
Geometry-Algebra

Katie Stamp
Home Economics

From a students view the educators at Capo Valley this year seem to have a positive outlook toward our school. They've demonstrated enthusiasm and creativity in carrying out their teaching assignments and have joined the students in perpetuating our school spirit.



Bill Steinriede
Kent State
"Smile"



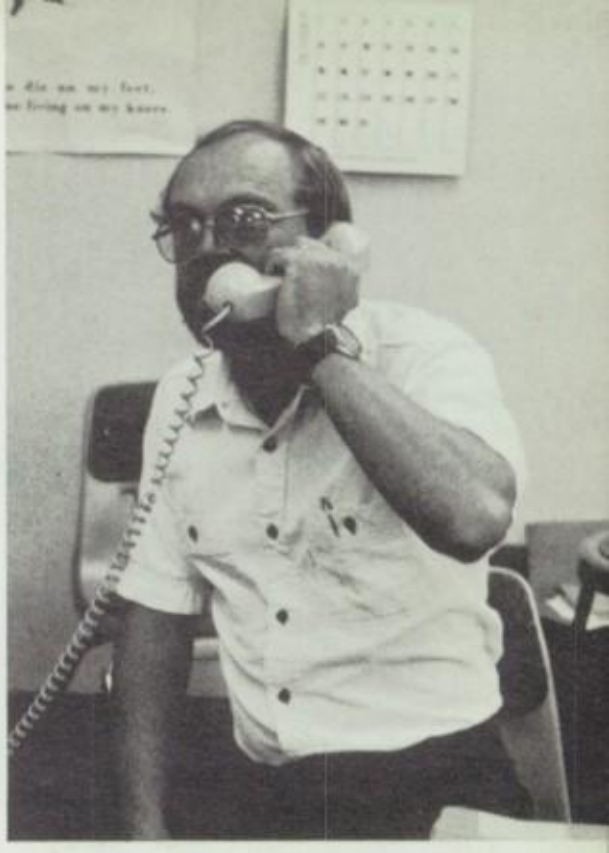
Terry Stoddard
Easter Kentucky
"Today is the first day of the rest of your life."

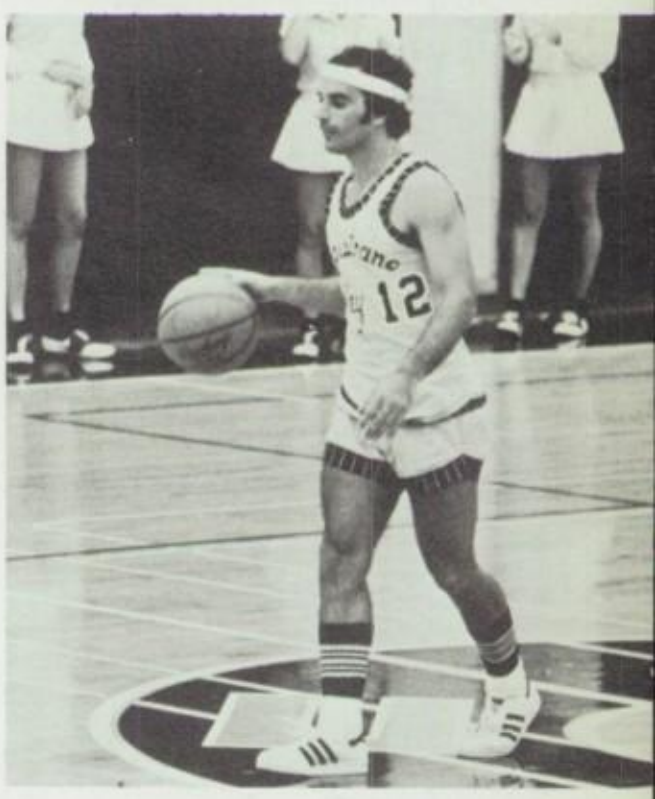
Sharon Stratton
Redlands
"Do what you can with what you have-where you are. You have to make your own sunshine.

Tom Stringer

Gay Veeh

Marian Vertrees
Fullerton
"desiderata"





Richard Victor

Tom White
Luther
"Live life-don't let life live you!"

Ron Willms
Fullerton
"Be yourself"

Peter Wilt
Long Beach
"Relax and enjoy"

Joe Wimer
Chattey
"Tomorrow will be even better".

Bob Zamora
Chapman
"I would rather be lucky than good"

EDUCATOR OF THE YEAR

We asked Mr. Mohit how he felt being chosen Teacher of the Year. His reply was, "I felt incredibly honored to be chosen by my colleagues. I feel this was a gift and I would not have participated if it had been a popularity contest or a district competition." And he adds, he hopes he can perform his profession to the utmost satisfaction of his colleagues.

Mr. Mohit was born in Tehran, Iran but has since moved to Orange County. He studied at Cal-State University. He has become involved with the Interact International club and is recently the advisor of the Freshmen Class.

We are happy to have Mr. Mohit at Capo V[illegible] hope stays on for years to come.

Left to Right
Gladys Van Lingen
Leila Nicol
Janice
Georgette Bartolini
Mary Idah Trujillo
Deborah Green
Charlie Wilkinson
Beth Drazil
Anne Zimmer

Barbara Adams

Alice Azar

Sandy Belier

Dee Debusk

Sharon Griffith

Jan Herkelrath

Mary Hannegen

Wilma Johnson

Carol Lobo

Cora Newton

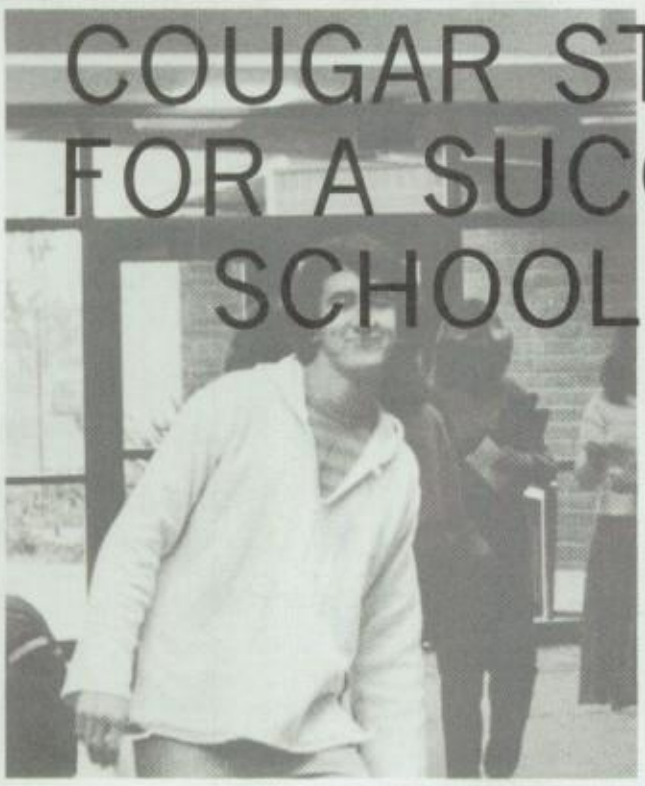
Jean Tosdal

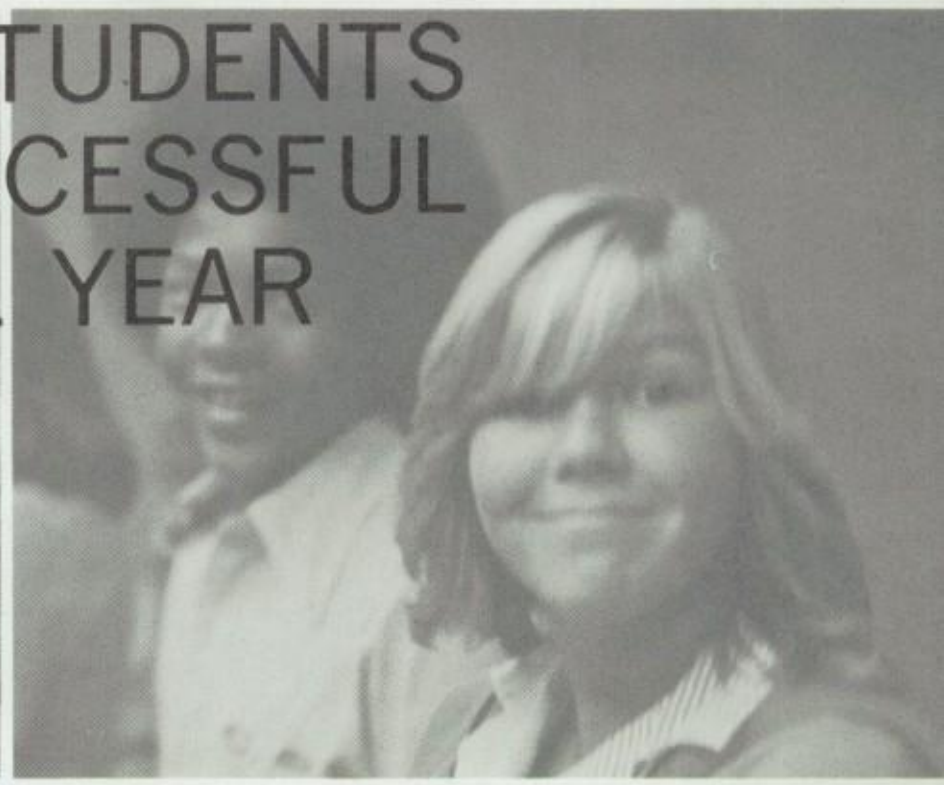
Jeanne Wilson

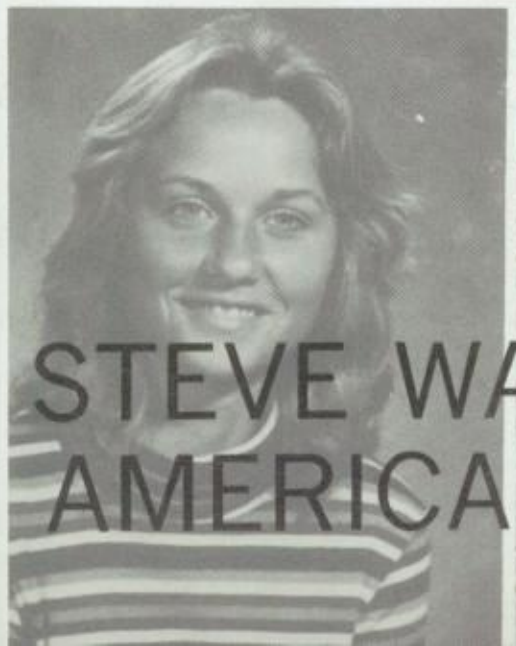
B-row-Tom Sanders, Carrol Wilkenson, Dave Scribner, T-row-Leo Kennedy, Robert Anderson, Frank Frankfredi

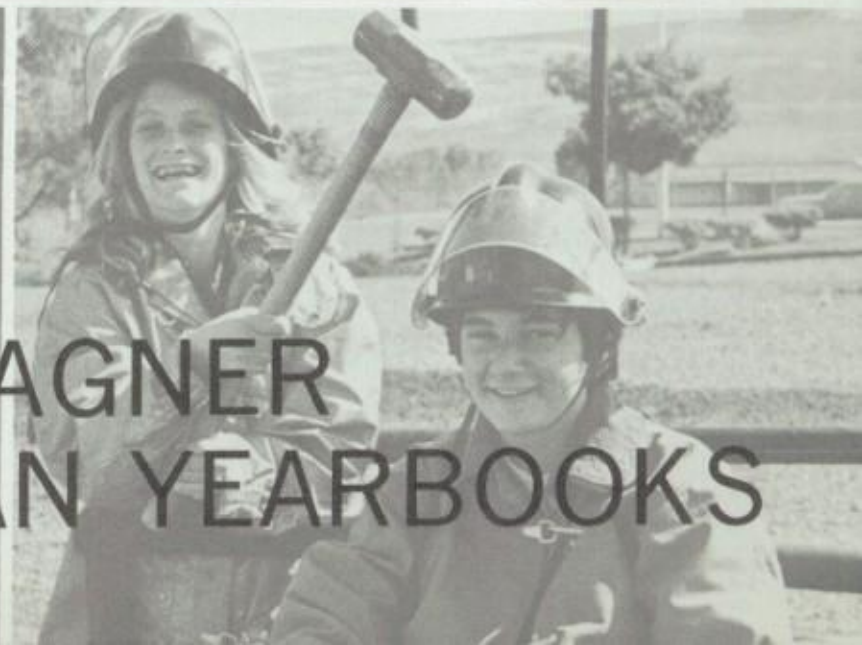
Brian Johannes

CONGRATULATIONS
TO ALL THE
COUGAR STUDENTS
FOR A SUCCESSFUL
SCHOOL YEAR





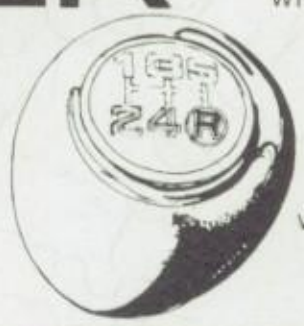




STEVE WAGNER
JOSTEN AMERICAN YEARBOOKS

TOYOTA

5-SPEEDER LEADER

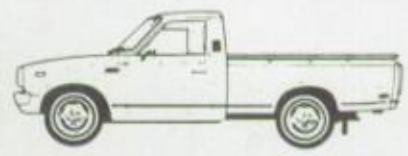


Toyota makes 17 models available with a 5-speed overdrive transmission. Corollas. Coronas. Celicas. Trucks. More model choices than anyone. And, Toyota's tough 5-speeds are *true* overdrive transmissions. The fifth gear ratio allows the engine to run slower. This reduces engine wear and delivers great gas mileage.* See me today. I've got the biggest selection of 5-speeds in town. You asked for it. You got it. Toyota.

Corolla 5-Door Wagon
42 Highway, 26 City*

Corona 2-Door Hardtop
32 Highway, 19 City*

Corolla 4-Door Custom
42 Highway, 26 City*



Half-ton Standard Bed Deluxe
33 Highway, 23 City*

Corona 5-Door Wagon
32 Highway, 19 City*

Corolla Liftback SR-5
37 Highway, 24 City*

Long Bed SR-5
33 Highway, 23 City*

Corolla Sport Coupe SR-5
37 Highway, 24 City*

Corona 4-Door Sedan
32 Highway, 19 City*

Celica Liftback GT
33 Highway, 19 City*

Corolla 2-Door Sedan Custom
42 Highway, 26 City*

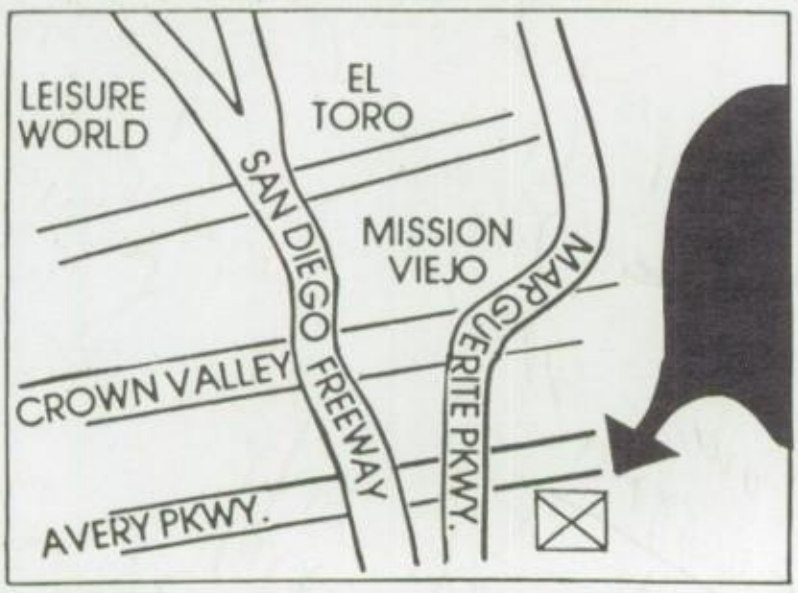
Corolla 2-Door Sedan Deluxe
42 Highway, 26 City*

Long Bed Deluxe
33 Highway, 23 City*

Corolla SR-5 Hardtop
37 Highway, 24 City*

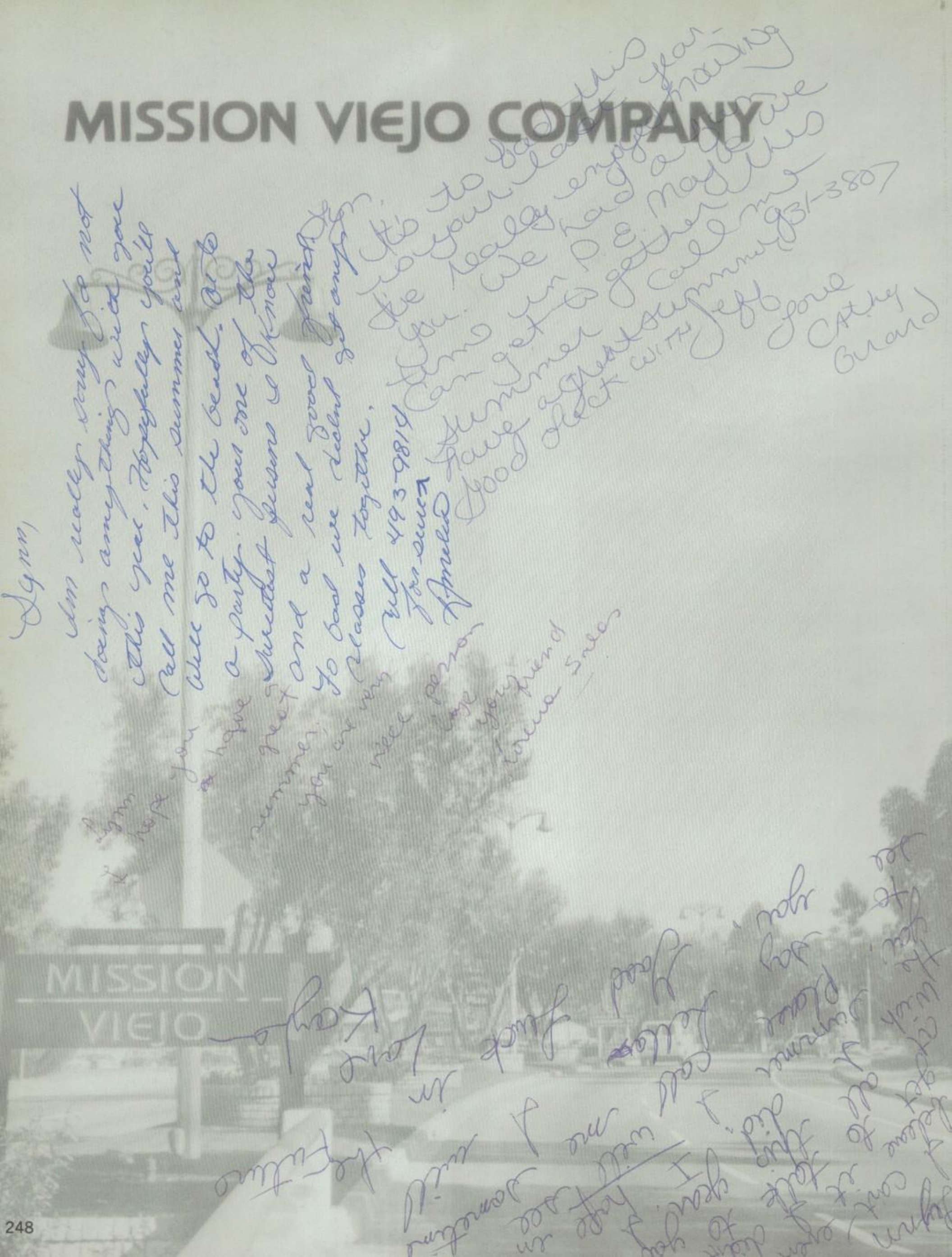
Half-ton Standard Bed SR-5
33 Highway, 23 City*

Corolla 4-Door Sedan Deluxe
42 Highway, 26 City*



MARQUIS MOTORS

San Diego Freeway at Avery Offramp
28802 Marguerite Pkwy., Mission Viejo
495-1210 - 831-2880


MISSION
VIEJO

JEFF VASQUEZ PHOTOGRAPHY

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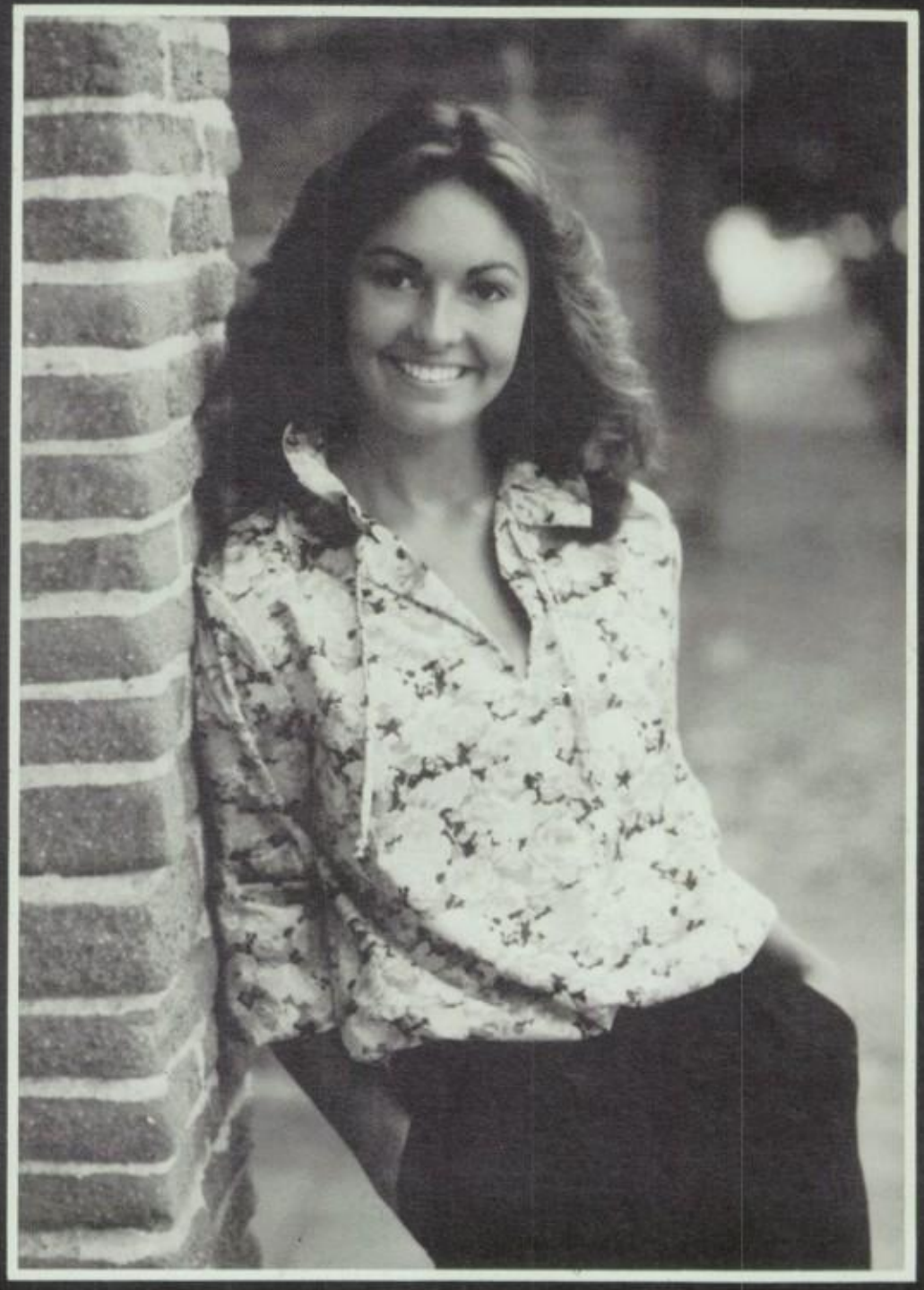
San Juan Capistrano



STEVE HALSTEAD
Manager

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REGIONAL OCCUPATIONAL PROGRAM

BALFOUR SCHOOL RINGS

Linda Flores Bruce Church Jan Murray

-ynn-
It was nice
having you in P.E.
this semester. Your a
stud! Good luck in the
future also have a nice
summer! Love Always

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DIFFERENT STROKES

hair design

SPECIAL THANKS TO BARWICK DATSUN FOR DONATING A DATSUN AUTOMOBILE TO THE COUGAR AUTO PROGRAM

CONGRATULATIONS TO THE CLASS OF '79

LYN,

YOU'RE A EXCELLENT LADY. I HOPE YOU CATCH THE RIGHT ONE... HOLD OUT FOR THE BEST... ME! (HA! HA!) HAVE A GOOD LIFE!

TOM GRIMES '79

"AMETHYST IN THE '80'S & 90'S"

benny goodman
advertising art!

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Mission Viejo, California 92692

714/495-4690

Lyn,

It's great to be finally getting out of Whites class. And with a passing grade. Well good luck in the future now that we are graduates. We have to find a career.

Mike Eastman

"El Gato Staff"

Helen Burgmans
Cheryl Crevier
Mike Eastman
Tina Fiantaco
Reigh Harrison
Jennifer Jacobs
Laurie Landreth
Susanne Magyar
Tammi Marchello
Kirk McFalls

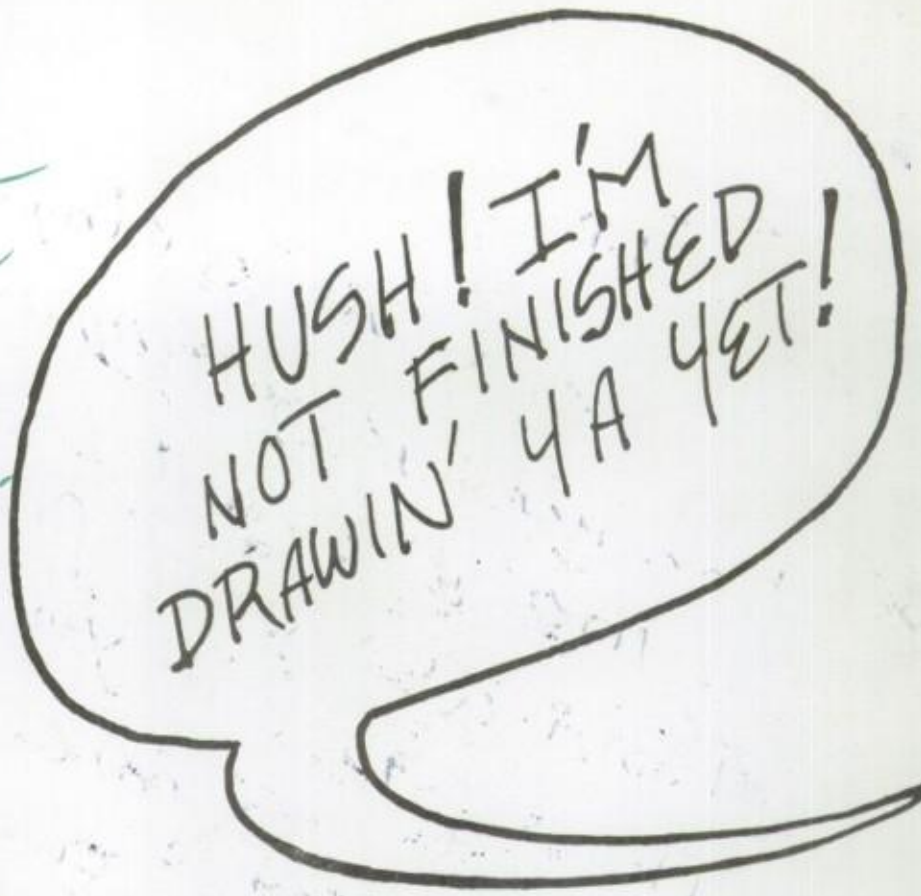
Lyn,
Im glad that I met
you you are really nice,
I'll see you during the summer
because Im getting a job with my
brother & so I'll be taking care of your
lawn also we'll probably come in to the
Donut house if your still working there.
Take care of yourself & see you
around Love
Jeff Weber

Lyn,
Im so glad we became
better friends this year!
You are so fun to be around, & want
to keep in touch. WE FINALLY MADE
IT!! yes! & hope you and your boyfriend
stay together and have lots of happiness.
Make the most out of life and never
settle for second best! This summer
is our last free
summer so
live it up!
Good luck and
lots of love to
you always.
Love,
"79" Dana L.
768-6330

Sheri Montgomery
Craig O'Brien
Edward Paquin
Sean Reilly
Steve Riis
Teddy Romero
Heidi Saxe
Tonia Steinke
Dana Stevens
Tanya Velardes
Wendy Wolfe

Lynn:
It was a fun year huh?
Writes a definite drag. But its
cool since I get an "A" for
being his slave. Have fun
this year at the Deli.
Your boss is too cool.
Later Slave
Ken

Thanks Yearbook Staff,
for making the book.
Thanks Photographers,
for taking the pictures.
Thanks Faculty and
Adminstration, for your
cooperation. Thanks Ed,
for —



Lyn. Love ya
5 parts
laughter
and
stay
I'm really glad I
met you last year. You
a really nice person. I will
probably see you next year
at Saddleback, or maybe I'll
see you at the beach or some-
place else. Have a nice summer,
and good luck in the future.

Donna

5 parts
laughter
and
stay
girls in
stick with
will
fall
me
sense
day. love

Bobby

sent because all of your bodies in
other places where you have lived.
I want to thank you for helping me
out with all my problems and being
around in September. when I needed
a shoulder. I will miss you a whole lot.
and keep in shape. and have a great
future. and a wonderful summer.

Love Your Friend always,
(Little Critter)
Susie Dove 81

Lynn, I sort don't know you too well but at least I can say I signed your yearbook
Chuck Sherman

Lynn,
Thanks for being a super fan for the past two years! You are a great person.
Peep in touch!
Jill Lauren

Lynn,
I think you're a super Babe! I really liked you a lot these past years, but I blew it. I wish you the best,
(831-0613)
Love always,
Greg Kelley

ERPAQUIN

Lyn,

I'm really glad to have had you in my classes. You're a super CAS girl so have a great summer, I hope to see ya sometime Good luck with your future

Take care

19 Jeff McLean

Thank you for all your help this year. I had a great time in your classes. Best of luck in the future. Don't forget to keep in touch. Have a great summer. Hope you can find a job somewhere. Remember to study hard this year